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MISSION TO MARS

PART 2 OF OUR FEATURE ON A HUMAN EXPEDITION TO THE RED PLANET EXPLORES THE MINDS OF PEOPLE WHO WOULD WILLINGLY SAY GOODBYE TO EARTH

PAGES 10-11

What'd the cabbage say to the hemp oil?

Let's make some coleslaw! Use Metro AR for some real superfood info PAGE 22

Toronto mayoral campaign can ill afford an ill Ford

Rob Ford taking a leave of absence to get help for 'substance abuse' PAGE 12

OUT-OF-THIS-WORLD SCHOOL

Famed Canadian astronaut Robert Thirsk is seen with two students attending the Calgary high school named in his honour. Denisa Muresan, left, and Ligia Stanciu are among the first students to attend Robert Thirsk High School, which opened in September, and was officially celebrated Wednesday. Story, page 8. JEREMY NOLAIS/METRO

Who should pay more for transit?

Speak up. Transit riders weigh in on planned fare hikes

BRYAN WEISMILLER
bryan.weismiller@metronews.ca

Calgary Transit users went off the rails Wednesday when asked for ideas on funding the city's burgeoning public transportation system.

Riders were invited to tinker with changes to bus fares using an online survey tool, although many more radical concepts were pitched in the comments section.

Zone-based fares generated some buzz, as did squeezing in more advertising. Debate also raged over exactly who should cough up more dough.

Daily park-and-ride commuter Andrew Lewis reflected one common view.

"I'd like to see more transit funded by taxes or alternative revenue instead of putting the burden on the people who take the transit system," Lewis said in an interview.

As Metro first reported in February, Calgary Transit is looking for another $18 million annually to support its ambitious 30-year vision for growth. Early plans centred on tightening up some of the country's sweetest discounts.

Strategic planning manager Chris Jordan noted city council has ordered his department to only make fare changes using a "modest, incremental approach" over the next four years.

Jordan further highlighted the logistical headaches created by a rapid overhaul of the fee system, citing zone-based fares as one example.

"(The) system would require massive changes to the ways buses and trains interact, how stations are configured and how fares are paid and enforced," he said.

"Because our system hasn't evolved with that structure it's difficult to make those changes in the short-term."

In the big picture, Calgary Transit hopes to scrounge up five per cent more from fare revenue, while also pulling in more cash from niceties like parking and airport and charter service.

In past discussions, councillors made clear they're keeping a keen eye on the growing number of out-of-towners who don't pay Calgary property taxes, but park in city limits and use city infrastructure.

That's the case for Cochrane resident Karen Ball.

But Ball laments the struggle to find a parking spot at one of the city's fringe northwest LRT stations and said she'd gladly shell out more for a reserved parking stall — if only they were more readily available.

"You can't get into the transit park-and-ride market, just like the housing market," she said. "I would gladly pay more as someone who absolutely has to rely on transit park-and-ride."

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Harvie Passage. It won't reopen until 2016: Province

Provincial officials have pushed back the timeline for reopening a Bow River passage popular among paddlers after it was hit hard in last June's flood.

Harvie Passage had only been open for a year when flood waters roared through Calgary — fire crews said damage caused to the $17-million site had left it more dangerous than the "drowning machine" weir that it was designed to overcome.

Last November, Alberta Environment officials were optimistic that a restored passage would be ready by the end of summer 2014, but an emailed statement this week indicates it will now be 2016 at the earliest before paddlers can return to the tricky waters.

"Depending on the extent of the restoration, work may continue into the 2016 spring and summer season and this result in further delays to reopening," spokesperson Jacalyn Ambler said.

But some water enthusiasts remained optimistic that revisiting the passage's design would pay dividends in the long run.

Karla Handy with Paddle Alberta said "Harvie Passage 1.0," as it's been dubbed in online discussions, "kind of missed the mark."

"It didn't have an easy channel for the majority of recreational boaters to go down," she said. "Their easy channel was actually still kind of technical … I know they could do a better job with Harvie 2.0."

THE CANADIAN PRESS

An image of Lawrence Hong is shown on large screens during a public memorial at the University of Calgary Wednesday for five young people stabbed to death at a house party to mark the end of classes. JEFF MCINTOSH/THE CANADIAN PRESS

Celebration of life for stabbing victims

Ballet dancers and cardboard hearts. 500 people attend service for five young students

Nicki Perras always wished she had her sister Kaiti's gift when it came to dancing.

She remembered her younger sister Wednesday as she spoke at a celebration of life for Kaiti, along with Jordan Segura, Zackariah Rathwell, Josh Hunter and Lawrence Hong at the University of Calgary.

"She would always end up so frustrated with me. She would just float across the room and I'd be tripping over an imaginary line," said Nicki Perras, who was joined on stage by her brother Josh.

Six ballet dancers performed on stage immediately after her speech. They were all members of Kaiti Perras's dance troupe.

The 500 people at the service held up cardboard hearts with the names of the five young people, who were stabbed to death at an end of school house party on April 15.

Alberta Premier Dave Hancock said the tragedy hit home because of his children and grandchildren.

He said Alberta is diminished by the loss of five bright young people.

"We should not compound the tragedy by not learning from it … learning what we can do," said Hancock.

The day was particularly poignant for the family of Lawrence Hong — the urban studies student would have turned 28 Wednesday.

"Lawrence was passionate about making connections and relationships," said his brother, Miles Hong.

"If you were his friend, you were also his family."

Calgary Mayor Naheed Nenshi said it has been a rough couple of weeks for Calgary. He said healing is going to take time.

"We've gone through final exams and put one foot in front of the other foot and the best tribute we can give to these five folks is to live our lives in remembrance of these folks and who they were and to be inspired by their example."

THE CANADIAN PRESS

Calgarians flock to measles immunization clinics

Get the shot. AHS announces additional free immunization clinics over next 10 days

ROBSON FLETCHER
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Calgarians — particularly parents — wasted no time Wednesday in taking advantage of the first two measles vaccination clinics offered in the city.

Well over 100 people had lined up outside the Northgate Measles Immunization Clinic before the doors opened at 1 p.m.

Numerous moms who spoke with Metro said they weren't overly concerned about their infants coming down with a case of the highly communicable disease, but would rather be safe than sorry.

Heather Sekhon said she wasn't too worried at first but has become more concerned since Alberta Health Services officially declared an "outbreak" of measles on Tuesday.

"I'm not really wanting to take my kids to public play places," she said. "I don't know how sanitary they are, and some people aren't taking it very seriously — they take their children out when they're sick."

Sekhon came out on Wednesday to get her son Devinder, 1, a measles shot that she said he should have already received.

"He was supposed to be vaccinated at a year but unfortunately we had a two-month waiting list," she said. "So he's not even scheduled until next month."

When and where

Upcoming measles clinics

- **Northgate Mall.** A#154, 495–36 St. N.E.

  Wednesday, May 7, 1 to 8 p.m.

- **South Calgary Health Centre.** 3rd floor, 31 Sunpark Plaza S.E.

  Saturday, May 3, 9:30 a.m. to 5 p.m.

  Tuesday, May 6, 1 to 8 p.m.

  Saturday, May 10, 9:30 a.m. to 5 p.m.

- **Brentwood Village Mall.** Unit 302, 3630 Brentwood Rd. N.W.

  Saturday, May 3, 9:30 a.m. to 5 p.m.

  Thursday, May 8, 1 to 8 p.m.

  Saturday May 10, 9:30 a.m. to 5 p.m.

More than 100 people lined up outside the Northgate Measles Immunization Clinic before the doors opened at 1 p.m. Wednesday. ROBSON FLETCHER/METRO

Hanna Oh brought her nine-month-old son, James, to the Northgate clinic for the "early additional dose" AHS is offering children between the age of six and 12 months.

"I would have preferred that he just gets the regularly scheduled (vaccination at age one) but, because of this outbreak, I want to make sure he's protected between now and when he gets the regular shot," Oh said.

Anne-Laure Hug wanted to get the additional dose for her six-month-old daughter Elsa before travelling.

"We're leaving for B.C. and Quebec on Friday, so I thought I don't want to take any chances," she said. "There was also an outbreak in B.C., I know. So I'd rather stay on the safe side."

As of 3:30 p.m. on Wednesday, AHS had confirmed 22 cases of measles in Alberta in 2014: six in the Edmonton health zone, seven in the central Alberta health zone, and nine in the Calgary health zone.

On the web

Go to metronews.ca for more local news.

Calgary Zoo back in black

After St. George's Island was swamped in last year's floods, the Calgary Zoo laid off some 300 staff members.

It was, by all accounts, a painful day — and a painful summer for the popular animal park, which lost more than $10 million in revenue.

But zoo officials trumpeted good news Wednesday in the 2013 annual report, claiming a net income of more than $1 million.

Chief Financial Officer Mike Irvine also declared the positions cut following the historic deluge will be refilled for this summer.

"As we sit here today, we're planning a full operation this summer," Irvine said. "We'll have virtually the same number of employees this summer as we did last summer."

That's pending another big river disaster, he added.

The zoo filled its revenue gap with $3.2 million in donations, $4 million in operating costs saved during partial operations and $5 million was recovered through insurance, according to the year-end report.

President and CEO Clement Lanthier acknowledged the zoo faced a "serious financial challenge" as full operations didn't fully resume until late November.

Still, he expressed optimism in the report's first pages.

"Yes, 2013 will long be remember for the flood, but it was much more," Lanthier said. "It was a year of resiliency and renewal, reflecting our strong belief in hope and optimism for the future of conservation."

Zoo officials have reported it will take $162 million to rebuild and improve the facility over the next five years.

BRYAN WEISMILLER/METRO

The Calgary Zoo suffered roughly $10-million in lost revenue last year as full operations were halted in the aftermath of historic flooding.
THE CANADIAN PRESS FILE

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Where the wild things are.
Alberta's feral horse count down by 10% since 2013

The Alberta government has counted 10 per cent fewer wild horses in the foothills of the Rocky Mountains this year, but says it is too early to say whether it will rein in an annual roundup of some of these animals.

Alberta Environment spokeswoman Carrie Sancartier said 880 feral horses were counted over five days in March, down by about 100 from 2013.

These latest numbers were presented this week to a committee that advises the government on what to do with the horses, which are not native to the region and compete for grass with cattle and wild animals such as elk.

"This will provide important information for the committee as it considers where to target management efforts in the future," Sancartier said Wednesday.

"There hasn't been a decision made on a capture season for next year."

The committee includes horse welfare, livestock, forestry, hunting and conservation groups.

Sancartier said the actual number of horses along the foothills could be higher because the animals are counted from the air by helicopter.

Bill desBarres of the Alberta Equestrian Federation is a member of Alberta's feral horse advisory committee.

He said the drop in numbers is no reason for concern at this point and said it is too early to make a decision about whether another roundup is needed.

THE CANADIAN PRESS

Wild horses

The province said that just 15 of the horses were rounded up during the last capture season, which runs from Nov. 1 to March 1, despite permits that would have allowed as many as 200 to be taken.

Bike path that cut through green space to be rerouted

"It would be a shame to lose such a usable play area," reads one of the comments below this Facebook photo showing stakes marking a route for a rebuilt bike path in Inglewood. CURTESY FACEBOOK

Inglewood. Area residents had lots of green space, but much was lost to 2013 flood

ROBSON FLETCHER
robson.fletcher@metronews.ca

After losing large chunks of their park space to flood erosion last spring, Inglewood residents looked poised to lose even more land to the reconstruction of a bike path that was also wiped out by high waters.

But after an online outcry, city officials say they're working on a solution to a problem raised by area residents, who noticed that stakes marking the path's route bisected the remaining green space, making each portion even smaller and less useable than before.

"What's left is a very small sliver of what used to be there," Coun. Gian-Carlo Carra said of the flood-ravaged land in the 2100-2200 blocks of 8 Avenue SE.

Residents made a "very valid" suggestion that the bike path be moved to one edge of the park or the other, Carra added, so "we can have some kind of green space to throw a Frisbee or kick a soccer ball."

"I'm being told it's going to move," Rick Valdarchi, Calgary's river flood mitigation program manager, said of the bike path route.

Reconstruction of the path is necessary to restore bicycle connectivity in the area, Valdarchi added, and that work is due to begin within weeks.

By the numbers

60

As much as 60 metres of land in some locations was lost to river erosion during the 2013 flooding, according to city staff.

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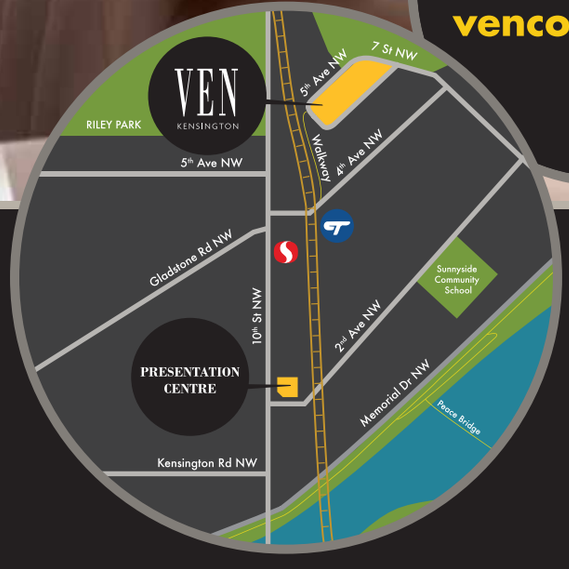

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Robert Thirsk looks over a painting of the Calgary high school named in his honour during an official opening event Wednesday. JEREMY NOLAIS/METRO

‘The sky’s not the limit’: Thirsk

Namesake. School bears the name of famed Canuck space walker

JEREMY NOLAIS
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Famed Canadian astronaut Robert Thirsk toured mission control, the dock and space Wednesday, but he did while so keeping his feet on Earth this time.

The now-retired space pioneer took in festivities at the Calgary high school school named in his honour, as hundreds gathered for an official opening ceremony at the northwest facility.

Robert Thirsk High School maintains a outer-space theme throughout. Its athletes are known as the Comets, the school’s kiosk store is called “the dock,” its main atrium is dubbed “the space,” and its leadership area is known as “mission control.”

Thirsk had previously viewed the facility in Calgary’s northwest when it lacked an important piece — the students. Now, he has plans for frequent journeys from his home in Ottawa to sit in on — and potentially even participate in — classes.

“A school is more than bricks and mortar,” he said Wednesday.

“It’s people, it’s energy. So, you can feel the energy, feel the ideas that are coming through in the conversations and you see the potential here for energy and magic.”

Prior to being caught up in a whirlwind of smartphone snaps, Thirsk told a crowd gathered for an assembly he owed much credit to his former teachers and the Calgary school system in general for helping him go where few have.

“The sky’s not the limit,” he told students, even suggesting a few in the crowd could follow in his footsteps.

Robert Thirsk High School

The school actually opened its doors to students in September and will soon accommodate 1,500 learners.

Crosswalk accident

Pedestrian dies in hospital

Calgary police say a man struck in a marked crosswalk in January has died.

Investigators have determined that 72-year-old Virendra Prasad was crossing at 17 Avenue and 44 Street SE around 10 a.m. on Jan. 15 when he was struck by a Chevrolet panel van.

Prasad was taken to hospital in stable condition but his condition deteriorated.

He died Tuesday.

Police continue to investigate the incident.

METRO

Appeal Court. Judges reserve decision in Khadr’s fight for youth sentence

Appeal Court judges in Edmonton have reserved their decision about whether Omar Khadr should serve a youth or an adult sentence for war crimes.

The former Guantanamo Bay detainee is currently serving his time as an adult in a medium-security institution in southern Alberta.

His lawyers argue that the 27-year-old should be in a provincial jail for less violent offenders because he was 15 when the crimes occurred.

The appeal judges spent much of a hearing questioning government lawyers about a decision that Khadr serve time as an adult.

The Toronto-born Khadr pleaded guilty in 2010 to five war crimes, including murder, for killing a U.S. soldier in Afghanistan.

He lost a bid last fall to be transferred to a provincial jail. THE CANADIAN PRESS

Scan the photo below with your Metro News app to hear Jack Lawson of the Federal Fisheries Department break down the whale's risk of exploding.

Drug-resistant bacteria pose worldwide threat

Antibiotics. Experts warn that the world could be heading toward a future where minor infections can kill

Bacteria resistant to antibiotics have now spread to every part of the world and might lead to a future where minor infections could kill, according to a report published Wednesday by the World Health Organization.

In its first global survey of the resistance problem, WHO said it found very high rates of drug-resistant E. coli bacteria, which causes problems including meningitis and infections of the skin, blood and the kidneys.

The agency noted there are many countries where treatment for the bug is useless in more than half of patients.

WHO's report also found worrying rates of resistance in other bacteria, including common causes of pneumonia and gonorrhea. Unless there is urgent action, "the world is headed for a post-antibiotic era in which common infections and minor injuries which have been treatable for decades can once again kill," Dr. Keiji Fukuda, one of the agency's assistant director-generals, warned.

WHO said it couldn't assess the validity of the data provided and that many countries had no information on antibiotic resistance.

WHO said people should use antibiotics only when prescribed by a doctor, that they should complete the full prescription and never share antibiotics with others, or use leftover antibiotics.

THE ASSOCIATED PRESS

Removing carcasses is a whale of a task

Provincial and federal officials are discussing the best way to remove the rotting carcasses of two blue whales near Trout River and Rocky Harbour in Newfoundland's west coast. Federal Fisheries Minister Gail Shea said Wednesday that Ottawa is working with a Canadian museum on an agreement to take ownership of the whales so they can contribute to educating the museum's visitors. DON BRADSHAW/NTV NEWS/THE CANADIAN PRESS

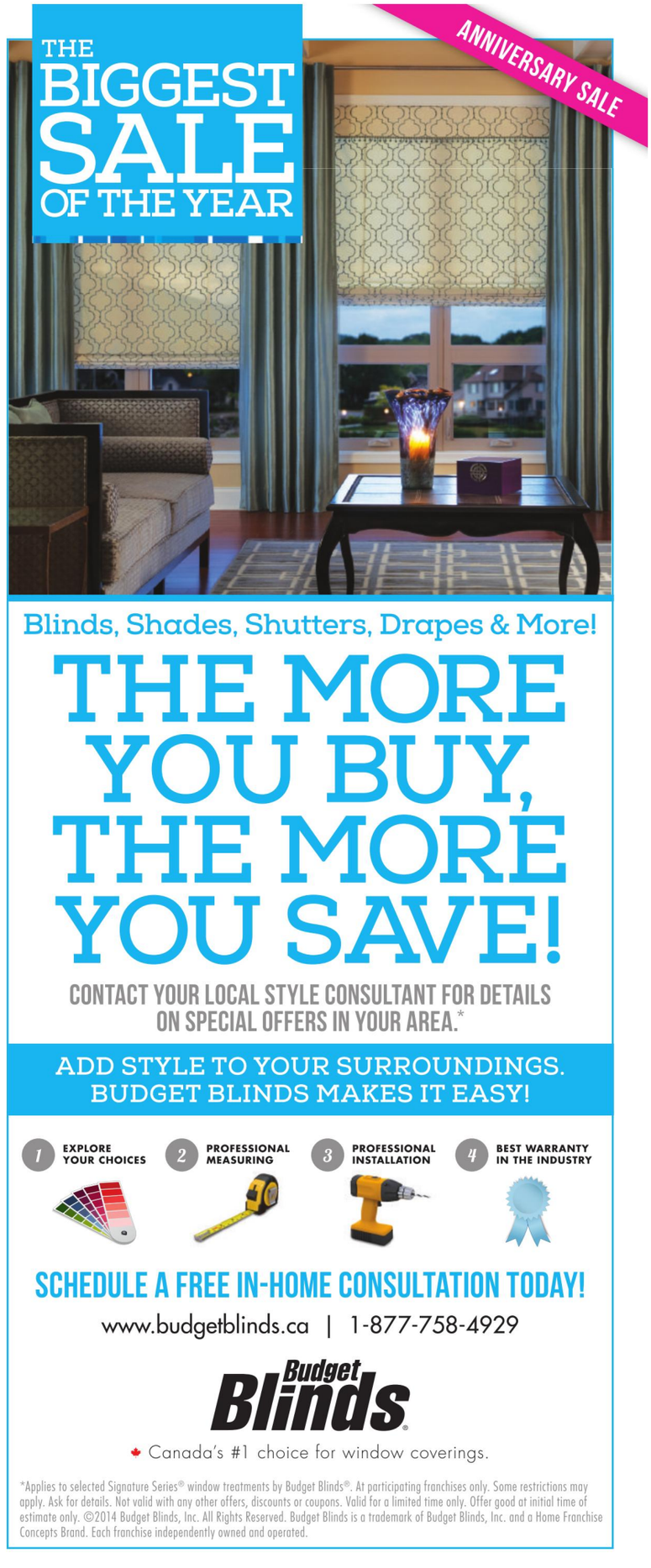
Over 100 sickened after food safety conference

Health officials are investigating what may have sickened more than 100 people at a conference where more than 1,300 food safety experts had gathered for the Food Safety Summit held early April in Baltimore.

Alvina K. Chu, who is leading the Maryland Department of Health's investigation, said Tuesday that officials haven't determined what caused the illness. It's not clear if the illness was transmitted by food or from person to person, she said.

Health officials said there have been no reported hospitalizations or deaths.

Rita Foumia, with BNP Media, which hosts the summit, said nothing like this has happened in the summit's 16-year history. THE ASSOCIATED PRESS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Goodbye, Earth ...

Pioneers. A one-way ticket to Mars means the hopefuls will have to bid goodbye to their planet and loved ones

JEREMY NOLAIS
jeremy.nolais@metronews.ca

In all likelihood, the first tickets to the Red Planet won't come with the guarantee of a return trip.

For those on the maiden Mars voyage, it could mean goodbye forever to loved ones and the comforts of home.

"Wait, wait — there's not a Starbucks on Mars?" questioned prospective astronaut Tyler Reyno, his tongue planted firmly in cheek.

Laughs aside, Reyno, who hails from Lower Sackville, N.S., admits his quest to propel the human race towards an interplanetary lifestyle would come with some major sacrifices.

But the 21-year-old remains determined to land a spot among the final 1,000 candidates to be a part of the Mars One mission, which is being steered by a deep-pocketed entrepreneur and has a goal of settling on the planet's surface in the year 2023.

Reyno is also in the early stages of launching a Canadian rocket company — Open Space — and has attracted hundreds of followers on social media to his Send Nova Scotia to Space campaign.

"It's a life of purpose in place of a life of comfort," he said. "I find it strangely alluring where every second is a second of survival and challenge and testing. Space exploration is probably just the greatest thing I could ever accomplish."

Calgary engineer Zac Trolley also counts himself among those on the Mars One shortlist and already appears to be on a mission of sorts, one that may prove just as important as one day strapping himself into a skyscraper-sized rocket bound for a new world.

Since learning of his Mars finalist status, he's embarked on a speaking tour, discussing the potential of inter-planetary settlement with working peers, more than 20 elementary-school classes and "whoever else will listen."

Trolley anticipates society being on the verge of a new-age space race, where entrepreneurs with deep pockets will let their imaginations — and their money — run wild.

But he fears there's a lack of Christopher Columbus-eque spirit among many he meets. Save for a few adventurous cavers and deep-sea divers, Trolley said most people are content with going about their day-to-day lives with little care for what may lurk in the dark abyss of the solar system.

"I've had people say 'How dare you? You shouldn't do that,'" he said. "(It's) fear. People are scared of what they don't understand.

"We always have to push boundaries," he continued. "We would have never left the caves and our small villages if people didn't wonder what was over the next hills. And I'm sure, back then, there were people saying, 'No, don't go over those hills — there be dragons.'"

Trolley's parents are worldly explorers themselves. As such, father Gary Trolley said he understands his son's desire to literally go where no man has gone before.

"It will be, in many ways, a sad day to say goodbye," he said.

"He keeps telling us he will be able to communicate with us, but it's not the same thing.

"We try to instill in our children: find a dream, find a passion and go for it — Zachary's chosen a big one," Gary added.

Zac said some have asked if he'll plan his own funeral before embarking to Mars.

"It's such rubbish," he said. "If I was cut off, my friends and family would know that I was doing what I loved doing — doing what I was meant to do. Could you wish anything better on someone than that?"

A world to gain
"People say, 'Why would you leave everything on Earth behind?' I tell them, 'Because I'm getting an entire planet.'"
Zac Trolley, Calgary engineer and potential Mars voyager
MARS
CHRIS HADFIELD

Calgary engineer Zac Trolley admits he has many comforts readily available both inside and near his bachelor pad, but said he's always dreamed of doing something more with his life. He's among those hoping to secure a ride to Mars or an asteroid as a new-age space race appears primed to ignite. JEREMY NOLAIS/METRO

... Hello,

A human expedition to Mars is proposed within the next 15 years. Metro takes you on an exploratory trip to find out just why life on The Red Planet is so alluring, and what awaits us in the future.

Calgary artist Bryan Versteeg started working on the Martian space habitat after he was approached by the founders of the

Keeping astronauts

Just because there's zero gravity doesn't mean you can skip the gym.

In fact, the Canadian Space Agency (CSA) recommends its orbiting astronauts work out for two hours each and every day they spend aboard the International Space Station. Squats, treadmill runs, the daunting bench press, you name it — exercising is seen as pivotal to helping combat the loss of muscle mass and bone density that plagues astronauts who no longer require anything to support their weight.

Then comes food, and Natalie Hirsch, project officer in the CSA's life sciences and space medicine division, is quick to point to a potential struggle with keeping astronauts fed for the duration of their jaunt to Mars and the subsequent time it takes up to, say, start farming, once there.

Estimates have suggested the journey to the Red Planet will take seven months alone and the "thermo-stabilized" foods stored aboard ISS only keep for about a year.

Fresh fruits and vegetables go bad after a week — making it a real treat for astronauts every time a new shuttle packed with a cart full of apples docks at ISS.

Then there's the potential for picky eaters.

Hirsch said there are anecdotal reports of astronauts' dietary preferences changing once they leave the planet, although no formal study has been done to determine why.

"We do have people saying 'I love spinach' on the ground and when they get into space the same spinach they tested pre-flight is just not as tasty," she said.

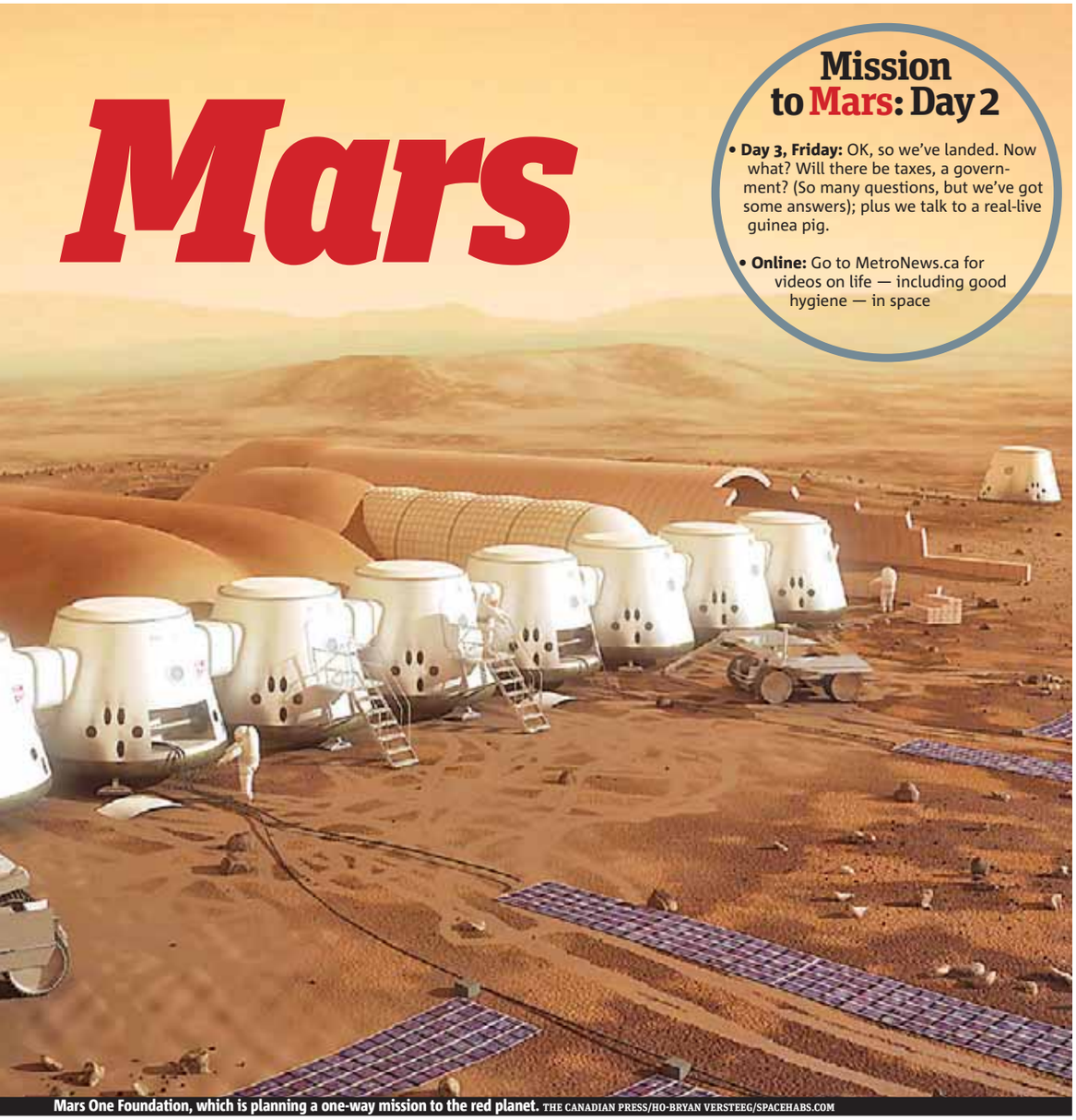
JEREMY NOLAIS/METRO

See that symbol? It means you can scan the photo below with your Metro News app. Astronaut Chris Hadfield explains the space toilet

Mars

Mission to Mars: Day 2

- **Day 3, Friday:** OK, so we've landed. Now what? Will there be taxes, a government? (So many questions, but we've got some answers); plus we talk to a real-live guinea pig.
- **Online:** Go to MetroNews.ca for videos on life — including good hygiene — in space



Mars One Foundation, which is planning a one-way mission to the red planet. THE CANADIAN PRESS/HO-BRYAN VERSTEEG/SPACEHABS.COM

fed and fit is no picnic

How not to let yourself go ... in space

To get a sense of what exercise gear could go with astronauts on their mission to Mars, here's the equipment used aboard the International Space Station:

- **The cycle ergometer:** Works similarly to a stationary bike and comes complete with a back-support plank and hand holds to keep the astronaut on the machine.
- **The treadmill:** Unlike your run-of-the-mill basement device, the ISS treadmill features a bungee and harness contraption to tie the astronaut down. The bungees are then set to put a load on the astronaut that is progressively increased throughout the mission, making their space run more difficult.
- **The ARED:** This device mimics weightlifting on Earth by utilizing vacuum cylinders that can be adjusted to create up to 600 pounds acting against astronauts performing squats, dead lifts, and so on.

Jeff Fortuna is testing a treadmill developed at NASA to simulate weightless exercise that can be used to keep astronauts in shape. THE ASSOCIATED PRESS FILE

A day in the life of a space settler

A general view of a 'Space Toilet' is seen in a 'Space Habitation Module' at Miraïkan, The Emerging Museum of Science and Innovation, in Tokyo, Japan. GETTY IMAGES

And you thought you had bathroom issues

The toilet aboard the International Space Station relies on airflow instead of gravity to contain excrement. Urine is mixed with other wastewater, purified, and then returned to the drinking water supply. Solid material, meanwhile, is gathered, exposed to the harsh climate of space to destroy bacteria — and the associated smell — and then eventually jettisoned into space when a large enough amount has been gathered.

Astronauts don't cry ... no, really

There's no crying in space. Because of the zero gravity atmosphere, space explorers' tears don't fall; they just form water bubbles and stay there until removed.

Wow, you really need a (sponge) bath!

Sponge baths, not showers, are generally the best method to exercise personal hygiene aboard a space shuttle or station.

Hey, old chap. Got the time?

Canadian astronauts in space and those manning the mission back on Earth generally follow Greenwich mean time, meaning they keep the same hours as your average chap living in London, England.

JEREMY NOLAIS/METRO

Nanaimo, B.C. Former employee arrested in sawmill shooting spree

Two employees at a Vancouver Island sawmill were killed, two others were injured and one of their former co-workers was arrested Wednesday after a gunman opened fire in the mill's parking lot and continued shooting inside, RCMP said.

The shooting happened shortly before 7 a.m. at a Western Forest Products sawmill in Nanaimo, more than 100 kilometres north of Victoria.

Police arrived within minutes of the first 911 call, RCMP said, and arrested a 47-year-old man from Nanaimo.

Four men were taken to hospital with gunshot wounds, one by air to Victoria and the rest to Nanaimo, where two were pronounced dead.

Few details were released about the victims, the suspect or what may have motivated a workplace shooting that left a normally quiet coastal city of about 84,000 people in shock.

Supt. Mark Fisher said police believed the attack began in the parking lot and then moved into the mill's offices.

An RCMP officer walks away from the scene of a shooting at a sawmill in Nanaimo, B.C., Wednesday. CHAD HIPOLITO/THE CANADIAN PRESS

Fisher didn't provide any further details about the suspect and declined to speculate about the attack's motivation.

Western Forest Products said the suspect was a former employee, though it wasn't clear when the man left the mill or under what circumstances. THE CANADIAN PRESS

Ford to take a break to deal with his 'substance abuse'

Campaign put on hold. Lawyer for infamous mayor of Toronto says embattled leader knows he 'needs help'

Rob Ford will take a leave of absence from his re-election campaign to seek help for substance abuse, his lawyer said Wednesday as new media reports involving drugs and alcohol emerged.

Dennis Morris said the Toronto mayor "realizes he needs help for substance abuse," but would not specify which substance his client is seeking treatment for or what steps he will take.

"In my eyes, he should announce those steps to the public in the near future," Morris said.

The Toronto Sun, which carried quotes from the mayor about his decision to go get help, reported Ford will nonetheless remain on the ballot for the Oct. 27 mayoral election.

Rob Ford's lawyer says the Toronto mayor will take a leave of absence to seek help for substance abuse. FRANK GUNN/THE CANADIAN PRESS FILE

The announcement came as both the Sun and the Globe and Mail published fresh allegations about the mayor.

The Globe said two of its reporters viewed a new video of Ford smoking what the newspaper said was described as crack cocaine by a self-professed drug dealer. The Globe said the video was secretly filmed in Ford's sister's basement early Saturday morning.

Meanwhile, the Sun reported it obtained an audio recording of the mayor "being unruly as he's ordering booze" and making "lewd comments" about one of his election rivals at a west Toronto bar.

Ford has denied allegations that he is addicted to drugs or alcohol, though he has admitted having used crack cocaine while in a "drunken stupor" during his tenure.

Shortly afterward, city council voted to relieve Ford of many of his mayoral powers.

The mayor also admitted he had been drinking during an incident in which he was filmed using Jamaican swear words and other profanities at a Toronto restaurant.

He vowed last year that he had given up alcohol — part of a campaign to rehabilitate his image in light of his admission. THE CANADIAN PRESS

YOU COULD WIN!

From May 1-15, Jumpstart invites you to play for your chance to win 1 of 5 Canadian Olympic Committee blankets. To play, use your Metro News App and scan to start. Just tap the ball and shoot into one of three hoops.

TOP HOOP: 3 points

BOTTOM HOOPS: 2 points

THE TOP 5 SCORES ACROSS CANADA BY MAY 15 WINS!

metro AR See this symbol? You can scan the photo above with your Metro News app to play the game. The top 5 winners in Metro will be contacted by May 16th and will win a Canadian Olympic Committee blanket. Subject to terms and conditions outlined in game. QC not eligible.

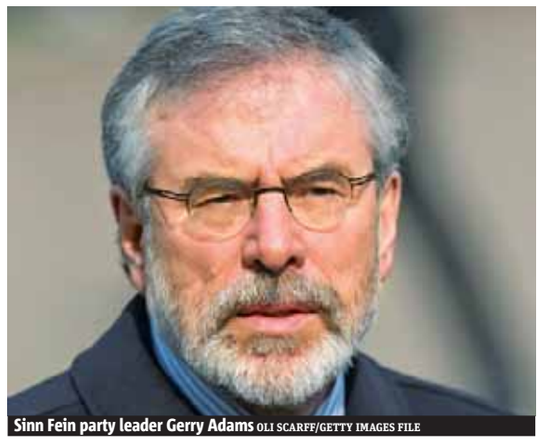
Sinn Fein leader arrested in 1972 IRA murder case

Police in Northern Ireland arrested Sinn Fein party leader Gerry Adams on Wednesday on suspicion of involvement in the Irish Republican Army's 1972 abduction, killing and secret burial of a Belfast widow.

Adams, 65, confirmed his own arrest in a prepared statement and described it as a voluntary, prearranged interview.

Police long had been expected to question Adams about the 1972 killing of Jean McConville, a 38-year-old mother of 10 whom the IRA executed as an alleged spy. According to all authoritative histories of the Sinn Fein-IRA movement, Adams served as an IRA commander for decades, but he has always denied holding any position in the outlawed group.

"I believe that the killing of Jean McConville and the secret burial of her body was wrong and a grievous injustice to her and her family," Adams said. "Well publicized, malicious allegations have been made against me. I reject these. While I have never disassociated myself from the IRA and I never will, I am innocent of any part in the abduction, killing or burial of Mrs. McConville."



Sinn Fein party leader Gerry Adams OLI SCARFF/GETTY IMAGES FILE

Reflecting the embarrassment associated with killing a single mother, the IRA did not admit the killing until 1999, and her unmarked grave was discovered only by accident near a Republic of Ireland beach in 2003.

Adams was implicated in the killing by two IRA veterans who gave taped interviews to researchers for a Boston College history archive on the four-decade Northern Ireland conflict. Belfast police took legal steps to acquire the interviews, parts of which already were published after the 2008 death of one IRA interviewee, Brendan Hughes. The researchers fought unsuccessfully to avoid handover of the tapes of the second IRA interviewee, Dolours Price, who died last year.

In his interview, Hughes, a reputed longtime deputy to Adams within the Belfast IRA, said McConville was killed on Adams' orders. THE ASSOCIATED PRESS

Nigerian schoolgirls forced to marry their abductors?

Nigeria. About 50 girls managed to escape, 220 remain missing

Scores of girls and young women kidnapped from a school in Nigeria are being forced to marry their Islamic extremist abductors, a civic organization said Wednesday.

At the same time, the Boko Haram terrorist network is negotiating over the students' fate and is demanding an unspecified ransom for their release, a Borno state community leader said.

The news of negotiations comes as parents say the girls are being sold into marriage to Boko Haram militants. The students are being paid 2,000 naira (about $12) to marry the fighters, Halite Aliyu of the Borno-Yobe People's Forum said. She said the parents' information about mass weddings is coming from villagers in the Sambisa Forest, on Nigeria's border with Cameroon, where Boko Haram is known to have hideouts.

"The latest reports are that they have been taken across the borders, some to Cameroon and Chad," Aliyu said.

Outrage over the failure to rescue the girls is growing and hundreds of women braved heavy rain to march Wednesday to Nigeria's National Assembly to protest lack of action over the students. Hundreds more also marched in Kano, Nigeria's second largest city.

"The leaders of both houses said they will do all in their power but we are saying two weeks already have passed, we want action now," said activist Mercy Asu Abang.

Nigerians have harnessed social media to protest, trending under the hashtag #BringBackOurGirls.

THE ASSOCIATED PRESS

Mothers with daughters among the more than 200 schoolgirls kidnapped two weeks ago by Islamic extremists in Nigeria protest in the capital over the government's failure to rescue the girls. GBEMIGA OLAMIKAN/THE ASSOCIATED PRESS

Syrian crisis

Airstrike hits school in Aleppo, killing at least 19

A Syrian fighter jet struck a school with a missile in the opposition-held part of the northern city of Aleppo Wednesday as teachers and students were preparing an exhibit of children's drawings depicting their country at war, killing at least 19 people, including 10 children, activists said.

THE ASSOCIATED PRESS

10 killed in Russia

Fire at military warehouse

Russia's Defence Ministry says 10 people have died after a fire broke out at a military warehouse in the Siberian Baikal region.

The defence ministry said 10 people who were travelling in a truck near the depot when the fire broke out late on Tuesday were found dead.

THE ASSOCIATED PRESS

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A fast-food worker demonstrates outside the National Restaurant Association's 28th Public Affairs Conference at the Ronald Reagan Building and International Trade Center Tuesday in Washington, D.C. ALEX WONG/GETTY IMAGES

No minimum wage hike in U.S.

Politics. Senate GOP derails Democratic bill, setting stage for fall elections

Senate Republicans derailed a Democratic drive Wednesday to raise the federal minimum wage, blocking a cornerstone of President Barack Obama's economic plans and ensuring the issue will be a major feature of this fall's congressional elections.

Facing the threat of a GOP Senate takeover, Democrats have forced votes on a procession of bills designed to amplify their message of economic fairness. Republican senators accused Democrats of playing politics by pushing a minimum wage measure designed to lure voters, but too expensive for employers and sure to result in lost jobs and higher inflation.

"This is about trying to make this side of the aisle look bad and hard-hearted, and to try to rescue this midterm election," said No. 2 Senate GOP leader John Cornyn of Texas.

The legislation by Sen. Tom Harkin of Iowa would increase the $7.25 US hourly minimum wage for American workers in three steps until it reached $10.10 after 30 months, with annual increases for inflation afterward.

The minimum has been at $7.25 since 2009, with 3.3 million Americans — including disproportionate numbers of women and younger people — earning that figure or less last year. THE ASSOCIATED PRESS

Online purchases

Aeroplan partners with Shop.ca

Love shopping? Love travel? Perhaps you love shopping while you travel?

Aeroplan has announced a new partnership with Shop.ca, making it easier for shoppers to earn Aeroplan Miles on their online purchases.

Users will also be entitled to free shipping and returns in 28 product categories including electronics, sporting equipment, home furnishings and more. METRO

Flapping around

Twitter's stock dives down

Shares of Twitter dropped in morning trading Wednesday to their lowest point since the company went public in November. Investor concern remains over the short-messaging service's ability to keep adding users and keep existing users engaged. THE ASSOCIATED PRESS

Broker to producer

StubHub goes from supporting to main act

You can soon buy concert tickets from StubHub for shows produced by StubHub.

The company, which helps brokers and fans buy and sell tickets on its website, announced Wednesday it will sell tickets to concerts that it will produce. It has five shows planned so far, all featuring "emerging acts." It will launch its first self-produced concert May 18 in Los Angeles. THE ASSOCIATED PRESS

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39% of Americans changed passwords after Heartbleed

Most Americans who recently learned about a major breakdown in Internet security have been trying to protect themselves but a group nearly as large is unaware of the threat, according to a new survey.

The findings released Wednesday by the Pew Research Center provide a gauge on how Web surfers have been responding to a computer bug nicknamed Heartbleed. The flaw in a key piece of security technology used by more than 500,000 websites had been exposing online passwords and other sensitive data to potential theft for more than two years.

After word of the problem got out on April 7, affected websites began to close the Heartbleed loophole and security specialists recommended that Web surfers change their online passwords as a precaution.

That advice apparently resonated among those who read about the problem in the extensive media coverage of the Heartbleed risks.

Passwords were changed or online accounts were closed by 39 per cent of the Internet users in Pew's telephone survey of 1,501 adults taken in the U.S. from April 23-27. THE ASSOCIATED PRESS

Market Minute

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OIL $99.74 US (-$1.54)

GOLD $1,295.90 US (-$0.40)

Natural gas: $4.80 US (-$0.04)
Dow Jones: 16,580.84 (+45.47)

New report.

Gap between the rich and poor widens

Canada is among the worst countries in the developed world in terms of the widening income gap between top earners and others in society, according to the Organization for Economic Co-operation and Development.

The analysis shows income inequality is on the rise in most developed economies, but the trend has particularly taken hold in the United States and Canada.

The OECD report shows the top one per cent of Canadian pre-tax income earners captured 37 per cent of the overall income growth between 1981 and 2012, and now swallow up 12.2 per cent of the country's income pie.

In the U.S., the top one-per-centers captured 47 per cent of income growth in the country during the period — and now take in one-fifth of the country's pre-tax annual income.

Meanwhile, incomes among the poorest households have not kept pace with overall income growth, the OECD says. In fact, stripping away the top one percenters would leave overall income growth considerably lower in many countries.

This is why the majority of the population can't reconcile their countries' economic growth rate with improvements in their own incomes, the report speculates.

The growing income gap has become a major political issue in Canada, with both the Liberals and NDP likely to focus on the topic in next year's federal election. But the Harper government has downplayed the problem, pointing to other studies that show the Canadian middle class has done relatively well in the past decade. THE CANADIAN PRESS

THE DIFFERENCES ARE STILL CUTE

HE SAYS

John Mazerolle
metronews.ca

My relationship with my girlfriend still has that new-courtship smell, so we find our differences fun and enjoyable.

For instance, she recently said, "Do you want to see the new shoes I bought?" and I said, "Yes."

I know.

Society rightfully finds these attempts to take an interest in each other disgusting, but we don't care because we're surrounded by The Forcefield of Love, which filters out negative thoughts and nauseated glances.

That said, I didn't realize the huge gulf between us until she sent herself packing.

No, she didn't leave me. She moved to a new apartment.

And, let me tell you, she moves like Jagger, assuming Mick has an ace moving company and excellent organizational skills.

My girlfriend was moved into her apartment with Internet hooked up, everything unpacked, and a new bed made in both senses, all by mid-afternoon. Compare that to me, who took two months to get Internet, four years to unpack (there's been little call for kitchen utensils, less for oven cleaner) and a bed that isn't made in either sense thanks to unconstructed Ikea drawers. Our approaches to apartment moving and living are very different, but in the spirit of these effortless early days, I can see the value in both. Observe:

Planning, her way: She moves from room to room, planning which items will go in which boxes. **Advantage:** She is in full control of the move. **Planning, my way:** I move from room to room, planning which items will go into which boxes until the night before when I look up from the couch and say, "Oh right, the kitchen!" **Advantage:** I work better with a deadline.

Packing, her way: She followed the Bush Doctrine and had her old apartment pre-emptively packed before her belongings expected anything. We walked among the stacks of boxes for a couple of weeks like we were in the last shot of Raiders of the Lost Ark. **Advantage:** Unpacking was easy thanks to her fastidiousness. She knew which box Schrödinger's cat was in, and whether it was alive or dead. **Packing, my way:** I skipped over the boxes during my last move by choosing an apartment in the same neighbourhood and throwing my stuff at random into a wheelbarrow. **Advantage:** This was quick, easy and allowed me to say that I have used a wheelbarrow.

Insects, her way: Her tolerance for bugs is low, but if they were in her apartment, she would remove them by neatly stacking them in a clearly labelled box reading, "Hexapoda." **Advantage:** Cleanliness is good in an apartment, I've heard. **Insects, my way:** When I came back from a European vacation and discovered that a creepy crawler had joined me in bed and chewed on me throughout the night, I decided I would simply not go into the bedroom for several months in hopes of starving it out. **Advantage:** It worked.

So there are upsides to both my girlfriend's approach to life and mine. Hopefully, she feels the same way and will never send me packing. If she does, I'll have to borrow a wheelbarrow.

ZOOM

Suburbia's crop circles

A "master planned community" in Maricopa County, Ariz. CHRISTOPH GIELEN/CIPHERS

Q&A

"We need to decipher them"

CHRISTOPH GIELEN
Artist/photographer, 46, based in New York

In his book Ciphers, photographer Christoph Gielen helps us grasp the impact our households have on the landscape with his aerial shots of suburbia's unusual shapes. Here's what he had to say about his work:

What inspired you to do this project? I wanted to do something that would be compelling and grab people's attention. Back in 2003, I was doing some aerial photography of controlled implosions in Scotland when I got the idea for the urban-sprawl project — to photograph different suburban developments across the U.S., from Nevada to Florida, from an airplane.

What did you see up there? The most unusual patterns imaginable. I could make out different floral shapes and designs that resembled a spider's web. But what I captured are places that are totally unsustainable.

So you're pointing to some social message? Yes, I want to trigger a discussion. We are all worried about the environment and climate change, and I wanted to place this concept of car-centric urban sprawl at the heart of the debate.

They look like concrete crop circles to me. It's very ironic that many of these patterns are floral or organic-looking, but there is very little sustainable or environmental about these developments. METRO

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To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

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2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!

3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

MetroTube

Hamster gets served tiny labour of love

ANDREW FIFIELD
metronews.ca

Burritos tend not to be the most delicate of foods, what with the overflowing contents breaking through the wrap to leave an incriminating trail down your hands.

Since most of us don't have the skilled hands of a surgeon, that's the role burritos are destined to play in our lives. This guy, however — this guy is capable of truly trim and tidy burritos. Why do that, you ask? To feed them to hamsters, of course!
(Via Hello Denizen on YouTube)

SCREENGRAB

metro

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Preserving history through music

East Coulee Spring Festival. Small town's music fest provides needed funds for local museum

BACKSTAGE PASS
Lisa Wilton
calgary@metronews.ca

The annual East Coulee Spring Festival attracts music fans from across Alberta. It takes place Friday and Saturday and features several Calgary artists.
LISA WILTON/METRO

Spring may have started more than a month ago, but for the residents of East Coulee the season doesn't officially start until this weekend.

The fun, laid-back East Coulee Spring Festival has been the unofficial kick off to spring in the Alberta Badlands since 1985, and is the major fundraiser for the non-profit East Coulee School Museum.

"Basically the money we make off this keeps the museum running in the winter months," explains the museum's manager and Springfest coordinator, Barbara Steeves.

Located 15 minutes from Drumheller, East Coulee was a thriving mining town in the 1930s and '40s. Almost 4,000 people lived and worked there during its heyday.

Now, only 160 residents call it home.

But keeping East Coulee's history alive through the East Coulee School Museum is one of the reasons Springfest is so important, according to Steeves.

"It's one of the last vestiges that there was a large population here.

"East Coulee and Wayne are considered ghost towns now … But a number of residents realize it's a good thing to keep (the museum going) because of the history of the area."

The fundraising aspect of Springfest is vital to the museum, which is need of a proper heating system.

"The school was heated by the original coal-fired steam boiler from the 1930s, but it broke at the beginning of 2012," Steeves says.

"We've got a gas-fired backup, but it's not a true heating system."

East Coulee's population will basically triple on Friday and Saturday as festival artists and music fans from around southern Alberta descend upon the town.

More than 40 country, folk, blues, rock and bluegrass acts will perform at the town's community hall, the museum and the historical East Coulee Hotel & Tavern.

Last year, the festival received 96 applications from performers hoping to fill the 43 available spots.

Steeves doesn't know the exact number of applicants this year, but says it's about as high as in 2013.

"Musicians seem to really enjoy this festival and being around the other artists," she says, adding all acts donate their time.

"They support the cause and realize that it's a volunteer-run event.

"If you love music, there's something for everyone. You can pick and choose what you want to hear," she adds.

Details

- **Tickets** for East Coulee Spring Festival can be purchased online in advance for $35 for adults and $25 for teens and seniors. Go to ecsmuseum.ca/springfest for more information. Tickets are also available at the door for $5 more.
- **Time.** Runs 6 p.m. to midnight Friday and 12 p.m. until midnight Saturday.

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Sam Claflin's career is far from quiet

The Quiet Ones is currently playing in theatres. CONTRIBUTED

The Quiet Ones. After being in a handful of big-budget flicks, actor welcomes something a little smaller

NED EHRBAR
Metro World News in Hollywood

With Sam Claflin's film career off to such a big-budget start — going from Pirates of the Caribbean: On Stranger Tides to Snow White and the Huntsman to the Hunger Games — the young British actor finds his latest, the Hammer horror film the Quiet Ones, a welcome change of pace.

Hammer Films has quite a legacy in the horror genre.
Despite the fact that I hadn't seen many of the classic Hammer horror movies that they're known for, obviously I'd heard of Hammer horror. So being under that umbrella, I felt like there was a safety net. "OK, I'm safe here. I don't think it's going to be an awful movie. If they're behind it, it's got to have something to it." And that was even before I'd read the script. And also what they've done over the recent years with Let Me In and Woman in Black, two films that I hugely, hugely enjoyed and connected with, and realized that especially with what seems to be my kind of target audience at the moment (laughs), it seems quite fitting.

How does that feel, having a target audience all of a sudden?
It's really strange. It's something you can never get used to. There were some girls discussing if I would speak at their funerals or write a eulogy for them — these are, like, 12-year-old kids. It's scary how obsessed and sort of hungry — obsessed in a positive way! I didn't mean like literally they would kill themselves if I get ill. But it's nice to have an incredibly loyal fan base and people that will go to see my movie even if it's rubbish (laughs). It's really positive to know that there are a few people around the world who really would do anything for me. It's really pleasant — a little frightening at times, for sure, but I also try not to think about it too much, if I'm honest.

Do you find you have to avoid things online more now?
So, I have Twitter and I have Instagram, and I also have other forms of social media that I only keep specifically for my friends. What's amazing about Twitter and Instagram — I'd never put it down — is I feel it's great for someone who's in the limelight to have the ability to kind of connect with fans on a daily basis.

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See that symbol? It means you can scan the photo below with your Metro News app. See the video for James Blunt's Postcards

James Blunt gets a little more personal with Moon Landing

New recording. 'This album is the album I would have written and recorded if the other albums hadn't sold the way they did'

PAT HEALY
Metro World News in Boston

James Blunt has come to terms with the success that made him a household name almost a decade ago. And with his new album, Moon Landing, he says he was finally able to produce a collection of songs that are almost a logical extension of his 2004 debut, Back to Bedlam.

"This album is the album I would have written and recorded if the other albums hadn't sold the way they did," he says. "These are songs that are personal — I suppose a great example is you might take Goodbye My Lover on the first album, it's opening yourself up — and then to have it be a commercial success, you also get a lot of criticism."

When the topic of criticism comes up, James Blunt reveals his acid tongue in a hilariously fast rant.

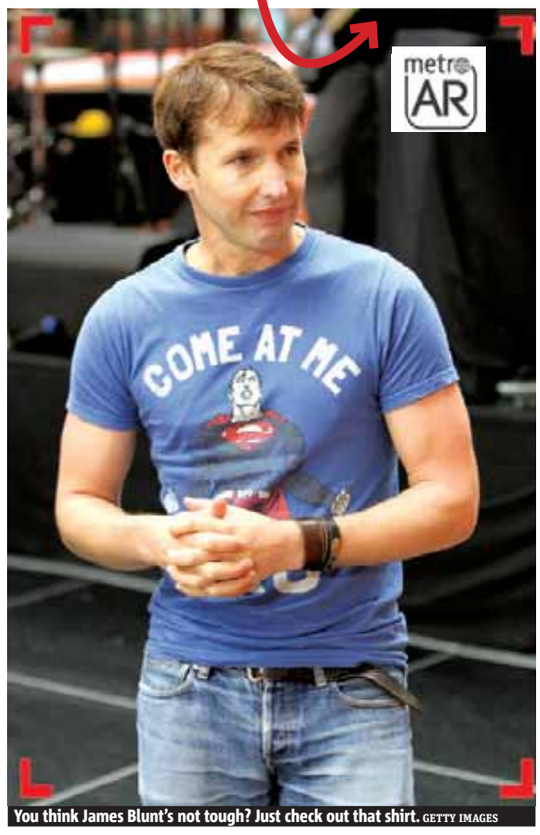
"I'm not singing manly songs about how big and strong I am, so people say that it's a little bit wet and delicate, words that you don't want to be described as, like romantic," he says.

"So maybe I didn't want to open up that way and accept that type of criticism. But I realized, you know what? Some terrific guy that is up onstage singing about how big and strong (he) is, he was led to that stage by six big and strong security type guys, and I'm not.

"I walk through (the) audience. I don't sing songs about how big and strong I am; I was in the army for six years, and I know how perfectly strong I am. I was in the war and I know how hard and rough it is to get in a serious fight.

"So instead of singing about that, I sing about my weakness. I don't sing about my successes and how rich I might be — I sing about my failures, my hopes, my fears; these things are much more braver to sing about.

"Any critique you have is probably from one guy in his bedroom with his trousers around his ankles in the shadows, feeling brave as a result. You put the spotlight on him and he'll probably shit himself."



You think James Blunt's not tough? Just check out that shirt. GETTY IMAGES

It's taken a while for Blunt to come to this level of disenchanted acceptance of his critics and audience.

"My first record I cut to try and get a record deal, and I did," he says. "I made the album as an innocent and naïve recording, then being on that indie label as I was, it became mainstream with one song that the whole world knows.

"And because of that I wrote a reactionary album called All the Lost Souls. It wasn't written to embrace the new audience I had. It was dark, and I was kind of unhappy being thrown into the public eye like that and that's why it's called All the Lost Souls. It's not a happy title.

"And then the third album I did embrace it more, there's fun to be had as a pop star, and so I wrote songs for my arenas and it made a third world tour great fun. But with all the fun that the tour was and how special it made that tour, it wasn't nearly as fulfilling as when you are writing something much more personal."

One particular song on the new album which feels especially personal is Miss America, a tribute to the late Whitney Houston.

"What was interesting and tragic about her was that the insight into her life overtook her talent and then it just became about her tragedy and her story, but it was also about how we spectated that and her story is not unusual," says Blunt.

"Amy Winehouse was something similar, even Princess Diana, where we spectate to such a degree that we almost become players in their downfall, because every time we buy magazine to read about their worst moments, or go online to see picture of them, another paparazzi is sent out and with every new lens that is pointed in their faces I think their world becomes that much smaller and their problems much more intense and I think it contributes to their downfall."

Reunited

For Moon Landing, Blunt enlisted producer Tom Rothrock, who helmed Back to Bedlam, the album that spawned Goodbye My Lover and the "one song that the whole world knows," You're Beautiful.

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Donnie Wahlberg ALL PHOTOS GETTY IMAGES

New Kids on the Boat: Nineties group hits the high seas for reality show

Whoever thought up this reality show should get the Nobel Prize. It combines everyone's two favourite things: '90s nostalgia and the high seas. New Kids on the Block, the original '90s boy band, are reuniting for a reality show on a boat. Cable network TVGN is developing Rock This Boat, a show about the reunited NKOTB setting sail with die-hard fans for a week of partying. Sounds like a thin premise for a show, but I assume they will also be fighting pirates, exploring uncharted waters and searching for buried treasure. That's what people on boats do, right? Rock This Boat will air next season. It will be executive produced by Donnie Wahlberg, NKOTB member and brother of Mark Wahlberg. The latter is probably jealous that his career is thriving sufficiently that he does not get to go on a boat to revive it.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Wanna marry Prince Harry? The royal is single again

MELINDA TAUB
Metro World News

Did you know there's a reality show called I Wanna Marry "Harry"? It's a Joe Millionaire-type deal, where a bunch of women compete for the affections of a random ginger Englishman they've been told is Prince Harry. It's incredibly mean, but those contestants may have the last laugh: Harry is, in fact, single again, and available for marrying. I hope one of them snags him.

Prince Harry, the fun-loving royal currently fourth in line for the English throne, has reportedly split from his girlfriend Cressida Bonas, according to the Daily Mirror. The move comes as a surprise: Earlier this year, the two were said to be getting serious and many royal-watchers expected them to get engaged.

Twitter

@mindykaling
my head is too heavy it flattens even the firmest of pillows

@ricky_martin
You have to believe that in the end, all the dots are going to connect.

@SarahKSilverman
Mississippi is such a great place to live if you don't have a vagina

Renée Zellweger

Did Demi give Renée her plastic surgeon's digits?

Renée Zellweger is reportedly worrying herself senseless about mounting a career comeback — and has turned to Demi Moore for help as a life coach, according to Star magazine. "Unless she pulls herself together, Renee's acting future looks very uncertain. Renee is in therapy dealing with her anxiety about appearing on camera again after a string of embarrassing movie flops," a source says. And reactions to the Bridget Jones Diary star's recent rare public appearance certainly aren't helping matters. "The mixed reaction to her transformation has unnerved Renée in a big way," the source says. "Pals are convinced it was Demi who gave her her plastic surgeon's number, thinking it would give her a confidence boost." That plan, it seems, has backfired.

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Tech is on trend

If X-Men made sportswear, this is probably what it would look like. The next generation of athletic style is teched out and high on hybrids.

METRO WORLD NEWS

Who knew that X-Men: Days of the Future Past could teach us a little bit about what's fashionable in the present. CONTRIBUTED

Zara

Sweatshirt with faux-leather appliqué, $59, zara.com

Saint Laurent

Metallic bomber jacket, $1,224, farfetch.com

Raf Simons x Adidas

Sneakers, $440, mrporter.com

ASOS

BLACK Printed panel T-shirt, $38, asos.com

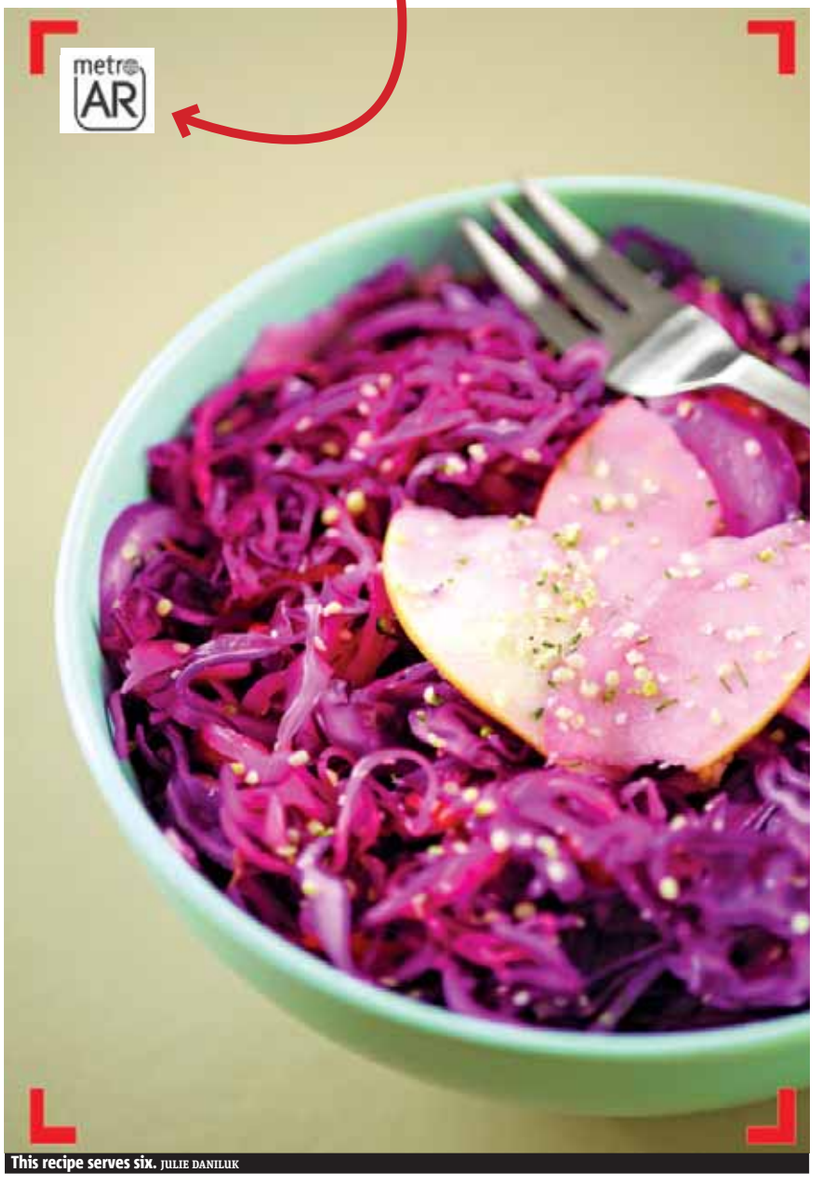
COS

Technical jersey trousers, $76, cosstores.com

LIFE 3

PLUS HOMES

Barney and Purple People Eater would surely approve



This recipe serves six. JULIE DANILUK

Hempy Purple Coleslaw. Not only does this dish have the same awesome hue as some memorable characters, it's also delicious and nutritious

"The zip in this recipe is from the tangy sour flavour of the sauerkraut," writes Julie Daniluk in Slimming Meals that Heal. "Look for unpasteurized sauerkraut in your local health food store, as the natural process of fermentation creates beneficial probiotic bacteria.

"I love Ambrosia apples because they are slow to brown when cut and are ideal for salads. Nutty hemp hearts offer the healing benefits of magnesium and omega-3 fatty acids."

1. Drain sauerkraut and reserve liquid. Mix together salad ingredients.

2. In a separate bowl, whisk dressing ingredients together.

3. Add dressing to salad and combine until salad is evenly coated.

RECIPE EXCERPTED FROM SLIMMING MEALS THAT HEAL BY JULIE DANILUK. IMAGES AND RECIPES © 2014 JULIE DANILUK. EXCERPTED BY PERMISSION OF RANDOM HOUSE CANADA, A DIVISION OF RANDOM HOUSE OF CANADA LTD. ALL RIGHTS RESERVED.

FLASH FOOD

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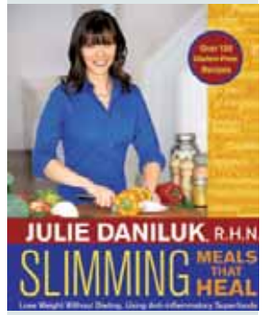
Ingredients

Salad
- 1 cup unpasteurized sauerkraut, drained
- 4 cups finely shredded purple cabbage
- 1/2 cup finely sliced red onion
- 2 organic apples, unpeeled, cored and thinly sliced
- 2 tbsp hemp hearts

Dressing
- 2 tbsp hemp oil
- 2 tbsp sauerkraut liquid
- 1 tsp dried dill weed
- Raw honey, to taste
- 2 tsp pink rock salt

Cookbook of the Week

Eat well and get healthy, too



Slimming Meals that Heal by Julie Daniluk focuses on the relationship between inflammation, allergies and weight gain.

The release offers 125 recipes that don't require you to count calories. It also includes information on cleansing the organs, the specific power of superfoods and techniques that directly reduce cravings.

Daniluk has also developed a five-step plan to boost metabolism and balance hormones that lead to holistic weight balance.

Daniluk's clients who have followed the Slimming Meals that Heal anti-inflammatory plan have lost 25, 45 and even 100 pounds.

Among the recipes included are: Scallops with Harvest Vegetables, Skinny Onion Rings, Low-Cal Turkey Chili, Coconut Granola, Curried Sloppy Joes, Asparagus and Salmon Rolls, The Best No-Bake Apple Crumble, World's Healthiest Gluten-Free Lasagna, and more.

METRO

CALGARY REGION AIRSHED ZONE SOCIETY

NOTICE OF ANNUAL GENERAL MEETING

Notice is hereby given that Calgary Region Airshed Zone Society's Annual General Meeting (AGM) will be held:

Wednesday May 28, 2014 · 10:00AM - 3:00PM
Ralph Klein Park 12350 - 84th St. SE, Calgary AB
5km South of 114th Ave & 84th St. SE

Formal Annual General Meeting; the formal component of the meeting will include the presentation of audited financial statements, election of directors and other business as may properly come before the membership.

A copy of the 2013 AGM minutes and 2013 audited financials may be obtained from the Office of the
Executive Director, Calgary Region Airshed Zone, jill.bloor@calgary.ca or 403-268-5737.

Presentations: Three years of Passive Monitoring - What is it telling us? Additional presentations are being finalized, check out the website for more Information, www.craz.ca

TO ATTEND, Please RSVP by Friday, May 16, 2014 at
Alyssa.gerling@calgary.ca or call 403-268-8878

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GLUTEN FREE MARKET
CELIAC STOMP IN THE STAMPEDE CITY

All the comfort, none of the guilt

This recipe makes six servings and can be served with kasha crepes or kelp noodles. JULIE DANILUK

1. Heat 1 tablespoon of coconut oil in a large pot over medium-high heat until shimmering but not smoking.

2. Add steak and cook until browned on both sides, 3 to 4 minutes per side. Transfer to a cutting board and let rest for 5 minutes. Cut lengthwise into 2 long pieces, then crosswise, across grain, into 1/4-inch-thick slices.

3. Heat remaining 1 tbsp of oil in pan over medium heat. Add mushrooms, onion, basil, oregano, thyme and salt. Cook, stirring often, until vegetables are very tender, 8 to 10 minutes.

4. Sprinkle flour over vegetables; stir to coat. Stir in beef broth and vinegar and bring to a boil, stirring often. Reduce heat to simmer and continue cooking, stirring often, until mixture is thickened, about 3 minutes.

5. Stir in coconut milk, sliced steak and any accumulated juices. Bring to a simmer and cook, stirring, until heated through, 1 to 2 minutes more. Top with fresh parsley or chives and serve on kelp noodles or kasha crepes.

Ingredients

- 2 tbsp coconut oil, divided
- 1 lb flank steak, trimmed
- 4 cups halved and thinly sliced shiitake mushroom caps
- 2 cups sliced onion
- 1 tbsp dried basil
- 1 tsp dried oregano
- 1 tsp dried thyme
- 1/2 tsp pink rock salt or grey sea salt
- 2 tbsp arrowroot flour
- 1 1/2 cups beef or chicken broth
- 1 1/2 tbsp apple cider vinegar
- 1/2 cup coconut milk

Garnish

- 2 cups chopped fresh chives or fresh parsley

For your phone

Cook's Illustrated All-Time Best Recipes (iPad; $9.99)

Representing 20 years of kitchen-tested dishes that use supermarket ingredients, this collection of 52 illustrated and video-enhanced recipes offers the final word on pork chops, oven fries and more.

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Seven ways to renovate your home

YLVA VAN BUUREN
For Metro

Whether you are preparing to sell your home or putting it into better shape for your own living pleasure, here is a guide to the value of renovations.

1 Kitchen: Any type of kitchen renovation, from modern cabinetry to under-cabinet lighting to new appliances, gets a thumbs up from experts. Justin Havre, CIR Realty, Calgary, said spending between 10 to 15 per cent of your home's value for a major kitchen reno should get you a potential return of upwards of 40 per cent or more if you sell even five years down the road.

2 Bathroom: This is the next most valued renovation. For resale, add a new bathroom if your house only has one.

3 Income suite: Homeownership.ca says adding a granny suite is a great way to increase the value of your home. But it can cost $40,000 to $50,000 to renovate a basement, said Brian Ross of Re/Max Hallmark Realty, Toronto. "It's not a guarantee you'll make it all back if you sell."

4 Paint: A fresh coat of paint will get you the best return on your money, Havre said. "In the resale market, you can see upwards of 110 per cent return."

5 Repairs: Do the obvious necessary renovations, such as replacing a deck if the wood is rotten, which can impact the overall value of your home.

6 Green Living: The Appraisal Institute of Canada says energy-efficient renovations have a high return relative to cost for you or for resale. Homebuyers like safe and environmentally friendly features, too, such as wood floors, efficient toilets and showers, and low VOC paint.

7 Vinyl siding: This is another fairly inexpensive renovation that will do a lot to spruce up the outside of your home, according to the website house-improvements.com.

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Think about how a renovation will impact a future sale. If there isn't much foreseeable value, then a coat of paint could be the answer. SHUTTERSTOCK

Before you nail anything down...

JENNIFER TAPLIN
For Metro

Home renovations, big or small, require a lot of advance planning.

Homeowners need to thoroughly plan and choose what they want for their project before they pick up a phone to call a contractor. Meaghan Riopel with Jameswood Homes in Calgary, said homeowners should pick out the general components of the project and can nail down the specifics with a contractor.

"What are the things you want in your home? These are good to know because it really delays a project if you don't have that decision making," she said.

The timeline varies for each project, but if work needs to be put on hold in order to make additional decisions and planning, it can take a lot longer, she said. Construction season is spring, summer and fall, but Riopel said it doesn't mean it's the best time to hire a contractor. Sometimes winter works best because contractors are less busy and are more available.

"And people should be aware they'll be living in a state of dust and make alternate living arrangements during the renovations or prepare to have their lives upheaved."

The Canada Mortgage and Housing Corporation advises homeowners not to go overboard on renovations unless they plan to stay in their homes for many years. Over time, many renovations can pay for themselves through savings on utility bills as well as adding greater resale value.

Before ripping down walls or ripping up the floor, CMHC says it's a good idea for homeowners to ask themselves how appealing the renovation would be to a buyer in the future.

If the answer is not encouraging, paint may be the answer. It's fairly inexpensive, especially compared to new flooring or structural changes, and can give a dramatically different look to the home.

Maintain your home for longevity

A necessary chore. It's important to take the time to inspect your home for deterioration

There's no getting around it: home maintenance is a chore. But the reality is that regular tasks can help extend the longevity of a house and may even defer the need for major repair projects.

Marty Erletz, owner and operator of Victoria's Pillar to Post home inspections, says it's important to take the time to inspect and monitor your home for signs of deterioration.

"A big thing people don't do is inspect their crawl spaces enough," says Erletz. "It isn't a lot of fun going down in a crawl space, but if a homeowner has one, they have to go down there and make sure there is no moisture problem, or leaking plumbing."

Similarly, he says attics need to be looked at for signs of potential roof leaks and moisture around bathroom fan vents.

With the snow melting and weather improving, Erletz says homeowners should be looking at the exterior of their house for peeling paint and sealant.

"It is important to look for any exposed wood," he says. "Especially for places on the West Coast, where we get a lot of rain, it is very important that wood has proper weather protection."

Monitoring the quality and integrity of the sealant around doors and windows, and around the fixtures in bathrooms and kitchens is also necessary to avoid any potential moisture buildup and leakages.

Even though there are some maintenance projects that can be done annually, like checking smoke detector batteries, other tasks need to be tackled regularly over the course of the year.

"A lot of times people aren't up-to-date on the smaller things in their home, such as furnace filters are ignored," Erletz says. "Homeowners don't realize that in the heating season, furnace filters need to be changed every month to keep the furnace working properly and efficiently but also for air quality in the home."

Throughout the year, and life of a home, weather and the people who live in a house can cause a lot of wear and tear.

According to John Davis, owner of Edmonton's Cabin to Castle Home Inspections, homeowners need to be aware of their home and respond to any potential damage or problems.

Davis says during the winter, window screens often get damaged. It's best to replace torn screens before the hot summer months come.

Like Erletz, Davis says there are a lot of small things owners should be aware of to keep the home in the best shape possible.

"Front-load washing machines should be aired out in between washes," says Davis. "If this is not done consistently, mildew and mould can accumulate."

While the list of projects may seem overwhelming, Davis says doing small things once or twice a year can prevent them from building into big problems.

"It is important to take necessary steps to guard homes from the elements," he says. "Keeping all appliances clean and repaired can help you get the most out of them and add to their longevity. All the small maintenance tasks can help you avoid big problems in the future. Certain types of homes will require more maintenance than others."

Davis says roofs with wooden shakes require regular care and maintenance to be effective at shedding water.

THE CANADIAN PRESS

Quoted

"All the small maintenance tasks can help you avoid big problems in the future. Certain types of homes will require more maintenance than others."

John Davis of Cabin to Castle Home Inspections in Edmonton

Experts say homeowners need to keep their eavestroughs clean to prevent flooding and water damage. MEGAN COLE/ THE CANADIAN PRESS

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Gilding the rustic at a New York design show

Architectural Digest.
Leading decor event blends the artisanal with the contemporary

This year's Architectural Home Design Show in New York City, one of the industry's premier events, was attended by tens of thousands of interior designers, architects and design enthusiasts looking for inspiration. Few could have imagined all the effort and organized chaos that went into making it.

On the day before the four-day show opened late last month, much of Pier 94's 130,000-odd square feet on the Hudson River was a sea of bubble wrap, cardboard, moving blankets and bungee cords, providing only glimpses of the glamour, elegance and innovation that would shortly be on display.

Three-hundred booths had to be set up. Furniture, appliances, bathtubs, rugs, faucets, art and accent pieces had to wait for flooring to be installed, walls painted, lighting rigged. There were 60,000 square feet of carpeting alone.

Themes of the show

"Mixing contemporary pieces with rustic elements is a trend that we've seen in several homes featured in recent issues of Architectural Digest."

Margaret Russell, editor-in-chief of Architectural Digest

Buckets of flowering branches, boxes of exotic blooms and bags full of moss stood near the Dining by Design section of DIFFA (Design Industries Foundation Fighting AIDS, diffa.org), where designers and companies presented imaginative dining spaces in support of the organization's efforts against the disease.

Calvin Klein Home ran a river of moss down the centre of a massive wood table. A giant nest of cherry blossoms hovered over the table at Ralph Lauren Home. Several men who looked like they'd be comfortable on a logging trail were at the Arteriors space, carefully unwrapping gilded tree stumps to put around a glass-topped table. Jess Gordon's team at the Fashion Institute of Technology's booth slid plastic vertebrae onto a massive set of ribs for a conceptual whale's belly. Tin lanterns and rope created a chandelier to anchor the nautical-themed space.

Designer Tucker Robbins (tuckerrobbins.com), who collaborates with artisans around the world on sustainable furniture and accessories, was figuring out how to get a large rug into a less-large space. Ready to be placed were a group of his Snaka Waka posts — circular balls carved from coffee wood in Cameroon and stacked to make a snake shape. Sulawesi rattan fish-basket lights were strung overhead.

Patrick Weder showed pendant lights made of wire and opaque paper.

"People always call them honeycombs, but when I designed them, I wasn't consciously thinking of that — I just started forming the wire and adding the paper, and soon I had these wonderful organic shapes," he says. Check out his work at patrickweder.com.

The Made section of the show featured up-and-coming designers. George Venson (voutsa.com) hung his illustrated wallpaper rolls like whimsical waterfalls from the top of the booth; the tumbles of paper featured koi fish, butterflies, even a seductive lip print, in a riot of colour.

Alex Rosenhaus and Drew Arrison, the young duo behind Alex Drew & No One, hung a walnut-framed triangle mirror on the backdrop of their booth; They brought several of their signature angular furniture pieces, including a dining table perched on 24-karat-gold-painted legs, from their new studio in Detroit.

They see that city as the next frontier for young furniture designers (alex-drew.com).

The New York show's Refresh section, where the big international kitchen and bath folk were, was full of high-end tubs, sinks, appliances and countertops. Jenn-Air (jennair.com) introduced a fridge with an all-black interior, making even leftovers look good. Radiant Orchid, Pantone's colour of the year, found its way onto a range hood at Prizer (prizerhoods.com). Dacor broke up a long, sleek run of stainless steel with a cheery backsplash of blue skies and puffy clouds (dacor.com).

Around the show, distressed wood in greys, brown and greige, a hybrid grey/beige, often mixed with sleek elements. Ligne Roset clad their booth walls in distressed wood; JM Lifestyles installed an outdoor kitchen using a proprietary engineered concrete. Scavolini and Diesel partnered on an unfitted kitchen with rugged modular pieces in steel and weathered-looking wood.

Architectural Digest editor-in-chief Margaret Russell said the style was gravitating to rooms throughout the home. "Mixing contemporary pieces with rustic elements is a trend that we've seen in several homes featured in recent issues of Architectural Digest. It's the perfect way to add warmth to a space that needs to function well." THE ASSOCIATED PRESS

I know a guy
whose sister has an ex-boyfriend…
Cut to the chase on page 31.
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Arteriors' booth at DIFFA's Dining by Design section featured gilded tree stumps, sputnik shaped lighting and exotic floral displays. MARION CURTIS/STARPIX/ARTERIORS/THE ASSOCIATED PRESS

Wriggle me this, Snaka Waka

The Snaka Waka post crafted by Cameroon artisans out of coffee tree wood was one of the pieces designer Tucker Robbins brought to this year's show.
TUCKER ROBBINS/THE ASSOCIATED PRESS

Gathering in the belly of the beast

The Fashion Institute of Technology installation featured a whale vertebrae-like structure surrounding a dining environment, evoking the belly of the beast.
MARION CURTIS/STARPIX/FASHION INSTITUTE OF TECHNOLOGY/THE ASSOCIATED PRESS

Detroit designers dine on golden legs

The Detroit-based design studio, Alex Drew & No One, showcased their 24-karat-gold-legged dining table.
ALEX DREW & NO ONE/THE ASSOCIATED PRESS

Mother's Day simple DIY

Style gurus Steven Sabados and Chris Hyndman think all moms deserve to be pampered. They've shared these easy, cost-effective DIY projects to help you celebrate your own mom this Mother's Day. For more ideas, watch Steven and Chris weekdays at 2 p.m. on CBC.

ALL PHOTOS AND TEXT PROVIDED BY STEVEN AND CHRIS

Tulip Bulbs in a Vase

This classic spring flower will brighten up any Mother's Day celebration. Try some simple but dynamic presentations, above and at right.

You'll need:
- Potted tulips
- Flat bottom vase
- Clear glass stones or beads

Instructions:
1. Extract tulips from their soil.
2. Shake them out and wash soil away in a bowl of water.
3. Handle roots carefully to keep them intact. If bulbs are discoloured, peel them back like an onion to reveal new skin.
4. Add stones to bottom of vase.
5. Delicately place bulbs inside vase, spreading the roots.
6. Once you have 2-3 bulbs in place, add a few stones to anchor bulb and roots.
7. Keep layering stones until they're almost covering the bulbs.
8. Add cold water for a beautiful tulip bulb display.

I (Heart) Travel DIY

This art project is a great way to say that your heart belongs to mom. Best of all, it will barely cost you a thing!

You'll need:
- A colourful map
- A shadow box (from an art supply store)
- Scissors
- Cellophane tape

Instructions:
1. Find an old map from a place you've travelled to together.
2. Cut out a heart shape sized to fit the frame you plan to use.
3. Carefully crumple the heart, then un-crumple (for added texture).
4. Secure the heart with a piece of tape to the back of the shadow box.

…who knows a guy whose friend has a teammate…

Cut to the chase on page 31.

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Bunching Tulips in a Leaf-Wrapped Vase

You'll need:
- Fresh tulips
- Standard tapered glass vase
- Monstera and banana Leaves

Instructions:
1. Line inside of vase with the monstera and banana leaves.
2. Trim stems of tulips to fit, creating two bunches.

Tip: Cut the ends on a slant and they'll absorb water better.

Tulip Flutes

You'll need:
- Fresh tulips
- Clear tall flute vase

Instructions:
1. Measure tulips by placing them next to a tall flute vase.
2. Trim accordingly to different heights.
3. Add cold water to the vase.
4. Strategically place three simple tulips in the flutes. Start with the shortest one and work to highest. Less is more; using three stems is what makes this arrangement sleek and sophisticated.

Banana-Stuffed Coconut French Toast

Let mom take it easy on Sunday morning with Chef Voula Halliday's delicious French toast. Even better, serve it to her in bed on a pretty breakfast tray.

Ingredients:
- 1 loaf of unsliced sandwich bread
- 3 large bananas that are firm, but ripe
- 1 can of coconut milk
- 5 large eggs
- ½ tsp vanilla extract
- 1 ½ cups milk (almond milk and rice milk work as well)
- 2 cups of unsweetened desiccated coconut
- 1 cup of semi-sweet chocolate chips

Directions:
1. Heat oven to 350 F.

2. Cut bread into 6 thick slices, about 1 inch each. Using a small sharp knife, carefully cut a wide slit through the middle of one side of the bread to create a pocket in each slice. Be careful not to cut through any other sides of the bread; you are making a pouch for your banana slices. Repeat with each slice of bread.

3. Peel, then slice bananas into ½ inch rounds.

4. Divide banana slices equally, stuffing each pocket carefully so to avoid tearing bread. Gently press down on filled bread. Place stuffed bread slices into large baking dish.

5. Shake can of coconut milk well before opening. If cream has not recombined, pour milk into measuring cup and whisk well.

6. In a large bowl, whisk together the eggs, ½ cup of the can of coconut milk (set aside remaining milk), vanilla and 1 ½ cups milk.

7. Pour egg mixture into the baking dish covering each piece of bread evenly. Leave to soak for 7-10 min. Then turn over and let soak for 5 min.

8. Meanwhile, spread desiccated coconut out evenly onto a large plate. Lightly spray or coat baking sheet with oil or butter. Remove soaked bread, one piece at a time and place onto coconut, lightly covering each side, then place onto prepared baking sheet.

9. Bake until golden for 25-35 min. turning once half way through.

10. Meanwhile, place chocolate chips and reserved coconut milk in small saucepan set over medium heat. Stir occasionally until chocolate is melted and sauce looks smooth and glossy.

11. Serve warm stuffed French toast with a drizzle of chocolate sauce. Garnish with banana or fresh berries. Serves 6.

Baffle bushy-tailed bandits with your own brand of cheek

Outwitting Squirrels. Humourist's updated collection of tips includes the simple, the sophisticated and the just plain silly

They're vermin to some, cunning adversaries to others.

Squirrels have long been a source of fascination and frustration for gardeners and bird enthusiasts engaged in a near-constant battle to keep them away from the nuts and seeds put out for birds.

Greased poles. Loud music. Motion-activated sprinklers. Bill Adler Jr. has heard it all, and tried many.

The 57-year-old humour writer has been collecting tips to keep squirrels from avian meals for three decades, and recently updated his 1988 book, Outwitting Squirrels: 101 Cunning Stratagems to Reduce Dramatically the Egregious Misappropriation of Seed From Your Birdfeeder by Squirrels (Chicago Review Press), for a third edition.

The most important thing to know? While technology has changed, squirrels still have little else to do all day but strategize.

And they're good at it.

"There's no one technique that works for everyone," Adler says.

Try a few tactics, and be willing to change. Most of all, Adler says, don't sweat it too much.

"I have to admit, I care a little less (these days). I care in a different way," he says of his squirrel strategy.

Squirrels still eat more from his bird feeders than the birds do, but, he says:

"I don't mind that I personally don't always win. I enjoy outwitting them, I do. But these days, I win the battles and not the war."

Here are some tips (some serious, some not) from Adler and others to bring a little harmony to your backyard:

The natural

Resigned to the fact that squirrels are going to call his Washington, D.C., yard home, Adler puts out some unsalted mixed nuts along his steps.

"If you feed them, they will tend to leave the bird feeder alone," he says.

Squirrels also love corn, so if you don't want them invading your feeder, keep your birdseed corn-free.

You can try filling your feeder with safflower seeds, which are high in fat and protein.

"Many favourite backyard birds favour safflower seeds, but squirrels typically do not," says John Schaust, chief naturalist for Wild Birds Unlimited.

The technical

These days, there are motion-activated outdoor cameras if you want to monitor your feeder, and even motion-activated sprinklers to douse offending squirrels.

"Squirrel-proof" bird feeders abound. The best, according to Adler and other experts, are those that sit on a five-foot pole and are covered with a plastic dome or "baffle" that's hard for squirrels to cling to.

If you want to get even more high-tech, there are weight-activated feeders that actually cover up the feeding ports when a squirrel latches on.

"Squirrels are foiled, but not harmed in any way," Schaust says.

While some particularly wily squirrels have been known to scratch up the pole and baffle enough to gain access, bird enthusiast Barbara Bergin of Austin, Texas, has a slippery solution: Petroleum jelly.

She actually greases the pole her feeder hangs from with Vaseline every now and then, and says it works like a charm.

"As a bonus, it's also fun to watch the squirrels slip off the hanger," the 60-year-old orthopedic surgeon quipped. THE ASSOCIATED PRESS

Petroleum jelly

"As a bonus, it's also fun to watch the squirrels slip off the hanger."

Bird enthusiast Barbara Bergin of Austin, Texas, greases the pole her feeder hangs from with Vaseline every now and then, and says it works like a charm.

...who knows a guy who grew up with a woman who has a grandma...

Cut to the chase on page 31.

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Nuts to you

Cray cray ways to drive 'em away

Adler devotes a chapter of his book to his own misadventures with squirrels, dating back to his bachelor days, when he first moved to Washington from New York. Wanting a pet in an apartment building that didn't allow them, Adler invested in a bird feeder.

"The next day I got a squirrel, which was not part of the instructions," he says.

He tried yelling, coated the bricks of his building with Teflon, squirted the squirrel with water, and even rolled out some stainless steel spikes. But nothing worked.

After hearing similar stories from other frustrated bird lovers, Adler decided to pen the first edition of his diatribe against the rodents. Also included in the book are feeder ratings, ways to attract certain birds and 101 "cunning stratagems" to keep squirrels at bay. Some are practical. Most are hilarious.

Some of the more entertaining strategies:

- Dig a moat around your feeder. Fill it with piranha.
- Trap squirrels and send them to Antarctica.
- Encourage your neighbours — and what the heck, your local government — to use drones to monitor and, ahem, deal with squirrels.
- Buy a squirrel costume. Parade around your yard wearing it. Squirrels can't figure out what in the world is going on and it drives them away.
- Buy some lasers and set up a hologram show in your yard. Make holograms of cats and hunters.
- Cry. Maybe the squirrel will feel sorry for you and go away. THE ASSOCIATED PRESS

A squirrel attempting to eat bird seed on an Eliminator. The squirrel-proof bird feeder protects your bird seed from persistent squirrels via technology that closes the seed ports based on the weight of the intruder standing on the perch ring. WILD BIRDS UNLIMITED/THE ASSOCIATED PRESS

How to live large in a small space

Design advice. These timeless tips can make any small space look roomy and spacious

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

New homes are getting smaller and smaller, so adhering to a few good design rules can help you live just a little bit larger.

I can't imagine better advice to dispense to anyone who's moving, renovating or sprucing up their place than these golden rules of small-space decorating. They're timeless and hold true for any space you might find yourself living in. Here are my top four rules:

Tones and colour

• Keep tones of flooring, walls and furnishings similar so the eye roams without interruption between light and dark shades.

• Cooler versions of a colour (every colour has a warm and cool side) tend to reflect more light, therefore making a small space feel larger.

• When the width of the ceiling is smaller than the height of the wall (as in most small condo lofts), then paint the ceiling the same colour as walls; it will make the room appear wider.

Use of mirrors

• You may have heard that mirrors can visually expand a space. The secret is to use them to widen, not lengthen, a room, so always hang a mirror on the long wall, not the short one.

• To bring light into a long, narrow space, stand a floor mirror 90 degrees to a window; it will reflect the window and direct the incoming light deep into the space.

• Never be afraid to stand a side table, chair or plant in front of a large mirror to add drama and depth. That goes especially for foyers and bedrooms.

Scale of furnishings

• There is an art to creating the illusion of large-scale furnishings in a small space. Try incorporating large-scale items that don't take up much floor space — art, console tables, footstools, area rugs and curtains are all perfect contenders since they don't fill a room with their volume.

• The 2/3 proportion is your best friend when layering items in a room. The coffee table should be 2/3 the width of the sofa, the sofa should be 2/3 the width of the rug, and the art should be 2/3 the width of the sofa.

The need for storage

• Storage is a practical need when decorating a small space. Try to incorporate it into every element of your space. Add an extra shelf one foot above floor level in a closet — this will offer up another row of shoe storage. And another shelf at the very top of your closet is great for storing out-of-season clothing.

• Look for furniture that incorporates storage, folds down or offers double-duty to offer flexible alternatives in a smaller space.

Creating a monochromatic colour scheme allows the eye to travel without interruption. A floor mirror helps reflect another window into the room. Oversized Leaning Floor Mirror, $1,100, potterybarn.com

Wall-hung shelving and containers help to keep vanity areas organized. Although made for herb gardens, this plant container system is perfect for brushes and other beauty accessories. SOCKER plant pot with holder, $29.99, ikea.ca

…who knows a guy who walks his dog in the same park as his neighbour…

Cut to the chase on page 31.

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One makes a footrest, two make a bench in the foyer or at the end of a bed. A classic style icon that fits a modern or traditional interior. Hudson's Bay Company Point Blanket Ottoman, $395, thebay.com

Introducing the 'shelfie.' Is your home ready for its close-up on social media?

You've heard of the selfie, but the latest online craze is all about showing off your intellectual and esthetic taste rather than your cheekbones.

The "shelfie" has seen online vanity transferred to the subject of home decor, with hoards of social media users taking to Twitter and Instagram to share snaps of their most intimate and artistic storage solutions for books, newspaper piles, perfume bottles and teapot displays.

The Internet's latest gift to humankind was born on Instagram, where carefully composed still-life pictures, typically of crammed bookshelves, can be easily identified via the hashtag #shelfie. The concept has since spread to Twitter and even publisher Penguin has gotten in on the act. Nicknamed "the selfie for intellectuals," the trend has grown to include still-life shots of general interiors. The term shelfie was coined by the Wall Street Journal after Instagram user Alice Gao attracted more than 13,000 likes for her artfully arranged composition of a teapot and quince blossoms resting by a magazine.

So will it last? And more importantly, is your home shelfie-ready? AFP

This shelfie of author Nina Stibbe's books was tweeted by Penguin Books. TWITTER

This is the retro chair that Bright Bricks built

Davison Highley's acclaimed classic interior piece, the 50's Inspiration chair, was recreated in Lego blocks for London's Clerkenwell Design Week. The piece is the brainchild of Bright Bricks, the U.K.'s only Certified Professional Lego Builders, and will be on display in Davison Highley's London showroom during the design event this month. Developed in partnership with Conran & Partners, the handmade chair is renowned for its extreme curves, bent back retro style and sleek shape. AFP

Don't fear deer: Grow colourful, flowering bulbs Bambi won't eat

Deer aren't daffy for daffodils. Many spring bulbs make tasty meals for wild critters, but there are some kinds that even a hungry animal will pass up on

Chomping down on a rosette of freshly emerging tulip leaves is just the thing to drive away winter doldrums — for deer. Crocuses probably taste almost as good to them.

But there's no need for us humans to forsake the blossoms of spring bulbs; there are plenty that don't appeal to deer.

Daffodils, for example. Deer won't eat them. So plant daffodils to your heart's content without any worry that their tops will be chomped off before the flowers even unfold.

Hyacinths also don't particularly appeal to deer. Although hyacinths were among the most fashionable flowers in the 18th century, they're not among the most popular bulbs now. Perhaps it's because they're a little stiff and formal, so don't blend well with currently popular naturalistic landscapes. Still, if you've got a place for them, you don't have to worry about deer upsetting your design.

Equally deer-proof and more easily integrated into naturalistic plantings are grape hyacinths, or muscari.

These tiny bulbs are impervious to cold, and spread to eventually blanket the ground with popsicle sticks packed with pure white, violet, or deep blue flowers.

Many small bulbs are deer-proof

Actually, once you segue over into the world of small bulbs, you open the door to a slew of flowers that both naturalize and are passed over by hungry deer. Some are also the first harbingers of spring: Snowdrop and glory of the snow often bloom right through the snow, the former with white blossoms, the latter in white, pink or blue. Each of winter aconite's yellow blossoms, also appearing in very early spring, is cradled in hand-shaped leaves, decorative in their own right well after the blossoms dry up.

After this early show subsides, striped squill, also known as puschkinia, could share the stage with muscari, both blooming fairly early. The loose, pale blue clusters of striped squill won't do for the garden what Darwin tulips do — or would do if the deer wouldn't eat them — but they are welcome nonetheless.

Crown imperial is a deer-proof bulb that could provide the elegance of tulips. The stalks shoot skyward two to three feet and then are capped by a tuft of leaves encircled below by a "crown" of downward-pointing red or yellow flowers. Crown imperial's relatives, Persian lily and guinea hen flower, are also passed over by deer and are beautiful in a more relaxed rather than regal manner.

…who knows a woman who can get you a deal on a mortgage.

Who thinks it's time to cut to the chase?

We do.

See how on page 31.

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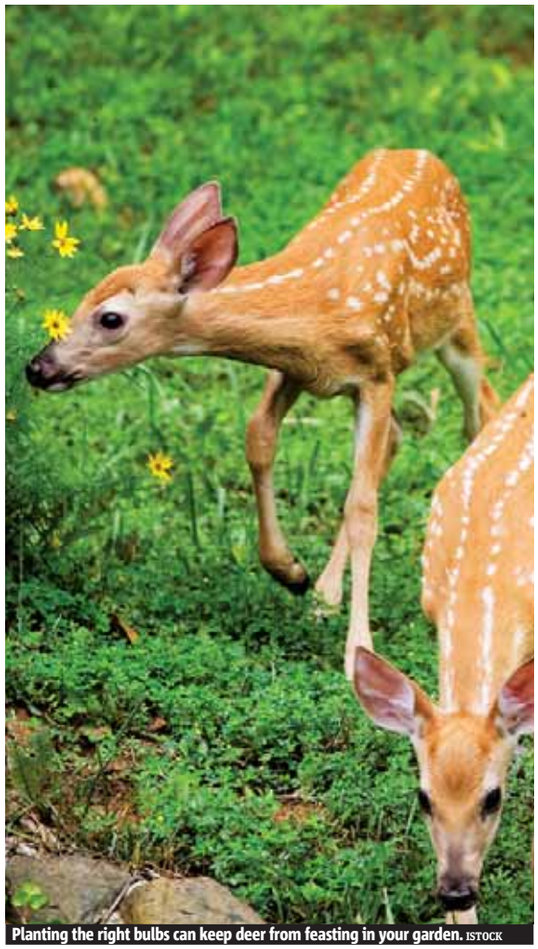

Planting the right bulbs can keep deer from feasting in your garden. ISTOCK

Deer also don't enjoy onions

Even as spring rolls into summer, there are colourful bulbs that can make deer look elsewhere for a meal. Flowering onions — alliums — fill this time slot, mostly appearing as pastel pompoms atop slender stalks.

If you're unfamiliar with the ornamental, flowering onions, take a look at chives when they come into bloom. Now imagine those blossoms in deep blue, or in pink, even yellow. And rather than golf-ball size clusters of flowers, imagine flower heads the size of volleyballs, or baseball-size clusters sending out thin streamers of male flowers like fireworks.

These are some of the variations on the basic allium flower theme.

This sampling of bulbs should be sufficient to convince you that deer need not reduce your spring landscape to a monochrome of green. After once watching deer munch the leaves off a friend's garlic plants, I do hesitate to recommend any plant as completely deer-proof.

Still, planting the above-mentioned bulbs generally sends out the signal: No food here, deer. THE ASSOCIATED PRESS

Flowering onions or alliums — like the Star of Persia shown here — mostly appear as pastel pompoms atop slender stalks. Plant this ornamental onion for beauty and not for eating by deer or humans. LEE REICH/THE ASSOCIATED PRESS

Oversized ornamental onions leave you sitting pretty

If you're unfamiliar with ornamental, flowering onions, take a look at chives when they come into bloom. Now imagine those blossoms in deep blue, or in pink, even yellow. And rather than golf-ball size clusters of flowers, imagine flower heads the size of volleyballs, or baseball-size clusters sending out thin streamers of male flowers like fireworks. These are some of the variations on the basic allium flower theme.

We do.

It's time to cut to the chase.

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Raptors guard Kyle Lowry celebrates a three-point buzzer-beater with Greivis Vasquez to end the second quarter on Wednesday. FRANK GUNN/THE CANADIAN PRESS

Toronto ready to Rap it up in Brooklyn

NBA playoffs. Raptors hang on for the win despite being outscored by 20 in the fourth

Kyle Lowry poured in 36 points to lift Toronto to a nail-biting 115-113 victory over the Brooklyn Nets on Wednesday, giving the Raptors a 3-2 lead in their best-of-seven playoff series.

Game 5

Raptors	Nets
115	113

DeMar DeRozan added 23 points, while Jonas Valanciunas finished with 16, and Greivis Vasquez added 15.

Amir Johnson chipped in with 11 points for the Raptors, who gave up a 26-point lead in the fourth quarter, making for some tense moments at the Air Canada Centre, but held on for the victory.

Joe Johnson led the Nets with 30 points, while Mirza Teletovic added 17, and Deron Williams and Alan Anderson finished with 13 apiece.

The series heads back to Brooklyn's Barclays Center for Game 6 on Friday.

The Raptors controlled the game through second and third quarters where it seemed they could do no wrong, and led by 26 points twice late in the third.

They headed into the fourth up 91-69 and appeared poised to cruise to an easy victory, but the Nets had plenty of fight left in them, tying the game at 101-101 on a three-pointer by Johnson with 3:16 to go and stunning the crowd.

THE CANADIAN PRESS

MLB

Royals hold on to conquer Jays

Alcides Escobar delivered a two-run double in the seventh inning, and the Kansas City Royals held on for a tense 4-2 victory over the Toronto Blue Jays on Wednesday night.

Eric Hosmer drove in the other two runs for the Royals, whose bullpen blew a 2-0 lead for young starter Yordano Ventura before holding on to beat Toronto with a late rally for the second straight night. Kansas City won the series opener 10-7 behind a six-run eighth inning.

Drew Hutchison (1-2) allowed all four runs on five hits in seven innings for Toronto.

THE ASSOCIATED PRESS

Clippers for sale

Oprah interested in buying team

If Donald Sterling is compelled to sell the Los Angeles Clippers, the list of potential buyers will have more stars than the team's roster. Oprah Winfrey leads the list of wealthy luminaries who announced their interest in purchasing the club shortly after NBA commissioner Adam Silver banned Sterling from the league for life. Others that have shown interest include music mogul Sean Combs and Floyd Mayweather Jr., who wants to form a group to buy the team.

Oprah Winfrey
GETTY IMAGES FILE

THE ASSOCIATED PRESS

Henrik Lundqvist of the New York Rangers celebrates a win against the Flyers in Game Seven of the first round at Madison Square Garden on Wednesday in New York City. BRUCE BENNETT/GETTY IMAGES

Rangers dump Flyers to set up date with Pens

NHL playoffs. Carcillo, Lundqvist help New York hold off Philly and move on to 2nd round

Daniel Carcillo provided the burst of energy the New York Rangers were counting on in Game 7. The big goal was quite a bonus.

Carcillo gave the Rangers the lead with the first of their two second-period goals, and Henrik Lundqvist did just enough to hold off the Philadelphia Flyers and send New York into the second round of the Stanley Cup playoffs with a 2-1 win on Wednesday night.

Game 7

Rangers	Flyers
2	1

Carcillo was added to the lineup, after he sat out the previous two games, and the move paid instant dividends. He turned a crisp pass into his second goal of the series at 3:06 of the middle frame.

"When you're in, you try to do something to stay in, whether it be offensively or bring a lot of energy," Carcillo said. "That's just what I was trying to do every time I was in this series."

Benoit Pouliot stretched the Rangers' lead to 2-0, and Lundqvist made it stand up with a 26-save effort one night after New York was beaten 5-2 in Philadelphia to set up the decisive Game 7.

"No one was jittery. We all knew what to do," Carcillo said. "On this team, no one was shying away from the big stage."

"We played a really strong series. I think we were the better team. We pushed the pace almost every game. We definitely earned this one."

The Rangers improved to 6-0 in Game 7s at Madison Square Garden.

THE ASSOCIATED PRESS

NHL playoffs

Wild win seals the deal in Colorado

Nino Niederreiter scored his second goal of the game 5:02 into overtime and Ilya Bryzgalov made a big save filling in for an injured Darcy Kuemper, leading the Minnesota Wild to a 5-4 win over the Colorado Avalanche in Game 7 on Wednesday night.

It's the first playoff series win for the Wild since 2003.

Mikko Koivu, Dany Heatley and Jared Spurgeon also scored for the Wild, who will face the defending Stanley Cup champion Chicago Blackhawks in the second round.

Nick Holden, Jamie McGinn, Paul Stastny and Erik Johnson scored for the Avalanche.

THE ASSOCIATED PRESS

Game 7

Wild	Avalanche
5	4

Bergeron no longer the NHL's best-kept secret

Patrice Bergeron started earning acclaim for his defensive game four seasons ago when he was a legitimate Selke Trophy candidate for the first time.

It has taken longer for Bergeron to be appreciated as one of the best all-around players in the NHL. Maybe it started during the Boston Bruins' 2011 Stanley Cup run or last year's trip to the final, but after playing a major role in Team Canada's gold-medal performance at the Sochi Olympics, the 28-year-old is surely considered among hockey's elite centres.

"I think what he's done is he opened a lot of people's eyes," Boston coach Claude Julien said. "I know at his first Olympics he didn't have … to do what he did. The last one I think people realized how good he is."

Statistically, Bergeron had just two assists in six games, but the Quebec City native shifted from a fourth-line centre role to right-wing alongside Sidney Crosby and never missed a beat. His nearly flawless play wasn't a revelation as much as it underscored his growth from the 2010 Games in Vancouver, where he was the 13th forward.

In that tournament, as defenceman Chris Pronger told CBC Sports recently, Bergeron had a smaller role that was "probably a little unfair to him."

"Patrice would sit on the bench for long periods of time and then we'd get a penalty and turn to him and say, 'OK, go out and kill it,'" Pronger said. "That's a pretty tough, but important, job."

This season, Bergeron was downright dominant at times with 62 points in 80 games, a league-best plus-38 rating and a 58.6 per cent success rate in the faceoff circle. THE CANADIAN PRESS

Bruins forward Patrice Bergeron has established himself as one of the NHL's premier players. GETTY IMAGES FILE

Rivals meet again

34

The Canadiens and Bruins will face each other in the post-season for a record 34th time when their NHL Eastern Conference semifinal opens Thursday night in Boston.

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Who are the most underrated athletes in team sports? Scan this image with your Metro News app to see some of our picks.

Weather

TODAY	FRIDAY	SATURDAY
MAX: 20° MIN: 8°	MAX: 5° MIN: 4°	MAX: 2° MIN: -3°

BT BREAKFAST TELEVISION

ANDREW SCHULTZ METEOROLOGIST

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta".

WEEKDAYS 5:30 AM

CANADIAN TRIVIA

1. The maple leaf on the Canadian flag has how many points?
2. Martin Short was born in which Ontario city?
3. Canada has how many time zones?
4. Nunavut was officially separated from the Northwest Territories in what year?

ANSWERS: 1. 11, 2. Hamilton, 3. Six , 4. 1999

Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	2						7	
	5	6		8		2	1	
9			2		3			6
		7	6		8	1		
		9	4		5	3		
3			7		1			8
	8	2		9		4	5	
	4						3	

Yesterday's Sudoku

6	4	1	9	3	7	5	8	2
3	5	9	8	2	1	6	7	4
7	2	8	4	5	6	1	9	3
1	7	3	5	6	4	9	2	8
2	6	4	1	8	9	3	5	7
8	9	5	3	7	2	4	1	6
4	3	7	2	9	5	8	6	1
5	8	6	7	1	3	2	4	9
9	1	2	6	4	8	7	3	5

Horoscopes

♈ Aries
March 21 - April 20

You have taken on a lot of new tasks in recent weeks and could probably do with some help. Others will come to your assistance and share the load if you ask them but you must make it worth their while. What's in it for them?

♉ Taurus
April 21 - May 21

Make sure you know what is expected of you before backing a plan that will take up a lot of your time and energy. And make sure there's a timetable.

♊ Gemini
May 22 - June 21

If others want to make an issue of things that are of no significance to you then you have no choice but walk away. The last thing a big-brained thinker like you needs is small-minded people around.

♋ Cancer
June 22 - July 23

There is a danger that you will try to make the facts fit your assumptions — and if you do the consequences could be dire. Strive to see life as it is, not as you wish it might be. Then you can make a difference.

♌ Leo
July 24 - Aug. 23

If your goal is as far away as ever, perhaps you should take it as a sign that something is wrong. It's not too late to change course — only your ego is holding you back.

♍ Virgo
Aug. 24 - Sept. 23

The planets are in your favour at the moment and no doubt you fear nothing, but you still need to be careful. Don't push your luck and don't push yourself beyond your natural limits, no matter what the potential rewards might be.

♎ Libra
Sept. 24 - Oct. 23

Mars in your sign endows you with courage and confidence but other aspects warn you can't do it all on your own. You need to rediscover the joys of being a team player, of how good it feels to share success with other people.

♏ Scorpio
Oct. 24 - Nov. 22

You have never been one for small talk and what others are wittering on about no doubt bores you to tears. Ignore them and focus your attention on what is important to you, even if no one else seems to agree. Rise above petty things.

♐ Sagittarius
Nov. 23 - Dec. 21

Try to say only nice things about friends and colleagues, because if you make your true feelings known it will cause you all sorts of problems. That applies doubly on the work front, no matter how much you may despise certain people.

♑ Capricorn
Dec. 22 - Jan. 20

You seem reluctant to take advantage of an opportunity most people would give their right arm for. Yes, it could go wrong but it could also go stunningly right. Unless you try, you won't know.

♒ Aquarius
Jan. 21 - Feb. 19

You appear to believe that your feelings for a certain person are a one-way street but that is far from the truth. They care as much for you as you do for them but, for the moment at least, they've got other things to worry about. Be patient.

♓ Pisces
Feb. 20 - March 20

You will discover something about a friend or loved one that surprises you today – which just goes to show you can never be sure you really know another person. Resist the urge to pry – leave them secrets to enjoy. **SALLY BROMPTON**

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WORD JUMBLE

DWIN

MBEILO

TEUR

MFOEDER

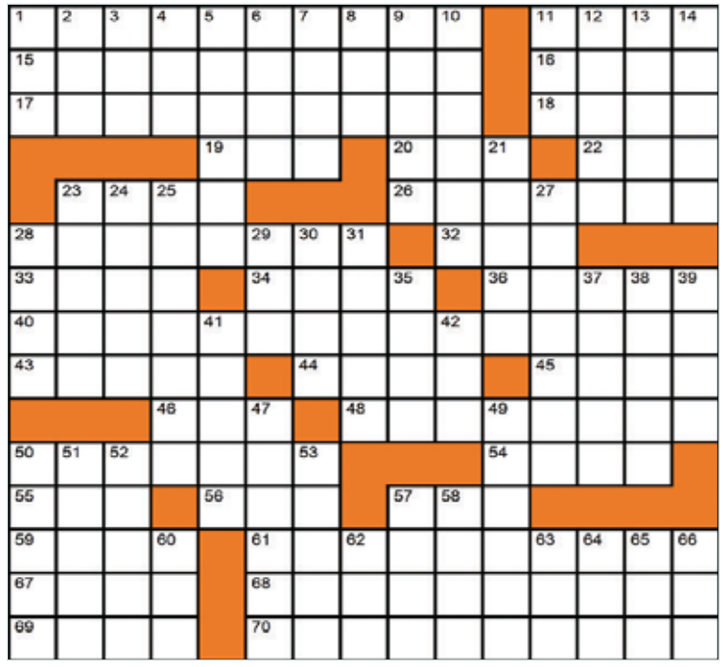
"WIND's _ _ _ _ _ _ _ _ _ data, talk & text plans"

Yesterday's Crossword

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Across

1. Blue Rodeo song that starts "They met in a hurricane...": number + 3 wds.
11. Pod vegetable
15. __-__ suit
16. Fear: French
17. Intolerance inciter
18. William H. __ (27th US President)
19. 'Stock' suffix
20. Aussie hopper
22. Rapa __ (Easter Island)
23. Aurora
26. Overcast
28. PM = Prime __
32. __ _ degree
33. Worldwide [abbr.]
34. Fertilizer ingredient
36. Single
40. Tummy tuck, for example: 2 wds.
43. Heretofore: 2 wds.
44. Line giver
45. W Network's "Come __ with Me Canada"
46. Cleaning item
48. Bespoke
50. Where to put carrots and potatoes as common ingredients: 3 wds.
54. Conjunctions
55. Bo Derek's number
56. "Hush."
57. Wk. word
59. __-__-date
61. Winnipeg: James Armstrong __ International Airport
67. Reshmi __, CBC journalist
68. Cheeky
69. Plus
70. Expands Earthy-ly

Down

1. "Up, Up and Away" by The __ Dimension
2. Omega-3 fatty acid, e.g.
3. __ gallery
4. "__-haw!"
5. Saskatchewan agricultural village an hour north of Regina
6. Apple music player
7. Eleven - Two's answer
8. Ms. Tilly
9. Great tennis servers
10. Ump's call, "__, __!"
11. Decide
12. "Higher than the Sun" British band
13. Mr. Wainwright
14. MGM's motto, Ars Gratia __
21. "Tin soldiers and Nixon coming / We're finally __ __ own." - Neil Young, "Ohio"
23. Ancient animals [abbr.]
24. Nervous
25. Mr. Valderrama's
27. Robert __, Harvard University symbologist in "The Da Vinci Code" (2006)
28. Isinglass
29. "King __": Steve Martin's vintage SNL tune
30. __ Blair (Pen name, George Orwell, b.1903 - d.1950)
31. Like an edited-some-more movie
35. Cruising
37. Bizarre
38. Coastal flappers, variantly
39. Faux-hued
41. Les __-Unis (USA)
42. William Tell's canton
47. Baseball legend, Lou __ (b.1903 - d.1941)
49. Hardy's comedy pal
50. Saskatchewan town northeast of Regina
51. Kathmandu is its capital
52. Motion foes
53. Spin
57. "Love Shack" by __ _-52's
58. Hebrew folk song: "__ Nagila"
60. Gold: Spanish
62. __-Magnon Man
63. Antiperspirant, Soft & __
64. Casually utters
65. ...three, two, __...
66. Nocturnal periods, briefly

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